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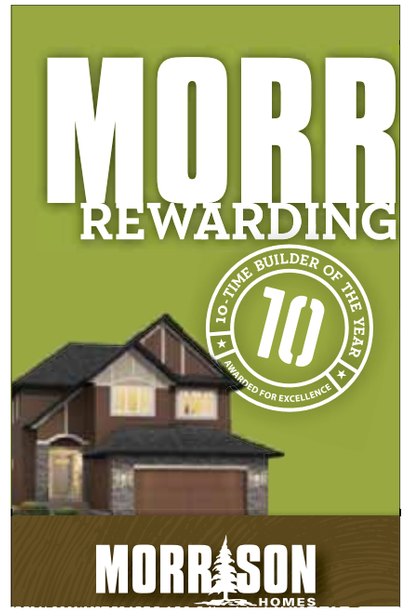
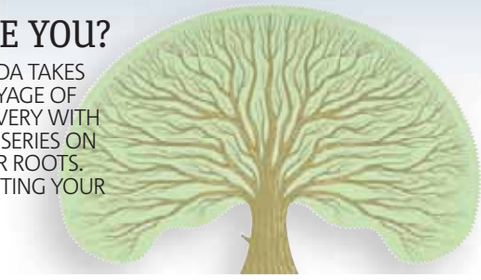


WHO ARE YOU?

METRO CANADA TAKES YOU ON A VOYAGE OF FAMILY DISCOVERY WITH A THREE-PART SERIES ON TRACING YOUR ROOTS. FIRST UP: STARTING YOUR SEARCH.

PAGES 12 & 13



Conjuring up a hit movie

The upcoming Incredible Burt Wonderstone isn't the first time Hollywood has ventured into the world of magic

PAGE 21

Reaching the summit

A 57-year-old Cochrane man climbs more than 19,000 feet to the top of Mount Kilimanjaro, and he did it all for charity PAGE 7

Calgary health-care workers aren't washing their hands nearly as often as required, according to data provided by Alberta Health Services. ROBSON FLETCHER/METRO

Are your doc's hands clean?

Hospitals. Hygiene rates have improved in Calgary hospitals, but officials concede much work remains

Calgary surgeons, nurses, even hospital cafeteria workers are only washing their hands half as often as they should, but officials point out compliance rates are on the upswing.

Data provided by Alberta Health Services indicates local health-care worker hand-hygiene frequency has jumped to 50.6 per cent from 37.8 per cent since a provincewide strategy was developed in late 2011.

But the Foothills Medical Centre (44.9 per cent), Peter Lougheed Centre (50.8 per cent) and Rockyview General Hospital (45.1 per cent) all still lag behind the 2012 provincial average of 58.4 per cent.

"Across the board, we're not where we want to be, but we need to continue to make that push and continue to raise the awareness and send out those educational messages ... at the end of the day, 100 per cent compliance is the goal," said Dr. Joseph Vayalumkal, a clinical assistant professor with the Alberta Children's Hospital.

His hospital has served as a prime example of the progress that can be made: There, hand hygiene rates jumped nearly 20 per cent year-over-year to 73.7 per cent.

"There's been a big push to make access to hand hygiene very easy," Vayalumkal said.

But critics like University of Alberta professor and emergency-room physician Dr. Louis Francescutti aren't satisfied. He believes health-care staff need to wake up and realize they're not only putting patients at risk but also potentially themselves.

"We can get to 100 per cent ... most of it is ignorance," he said. "Nobody thinks they're going to get sick and nobody thinks they have germs on their hands."

JEREMY NOLAIS/METRO

On the table

Other items city administration will be examining are:

- Looking to see if clustering food trucks, or having more on one block is a viable option.
- Getting rid of the clause that gave business districts discretion around alternate food truck location.
- Broaden consultation to include hotels and restaurants beyond those they've spoken with.

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Court date.
Lethbridge man charged over fake disappearance

Police in southern Alberta have charged a man with public mischief after it was learned that his disappearance was a hoax.

Matthew Aaron Robillard's relatives called police when the 25-year-old Lethbridge man failed to show up for work Jan. 31 at a Scotiabank in nearby Picture Butte.

His car was later discovered with a smashed window in an industrial area near the Calgary airport. His keys, wallet and phone, along with a pack of cigarettes, had been left in the car. Robillard, who is a Mormon, doesn't smoke.

Investigators found Robillard, a married father of a six-month-old baby, a few days later at a Calgary hotel.

"This was a ruse that spanned multiple jurisdictions and diverted valuable police resources away from real victims and actual crimes," Ian Sanderson, acting inspector for the Lethbridge police criminal investigation division, said Tuesday in a news release.

A follow-up investigation by the Lethbridge and Calgary police services determined Robillard was not the victim of a crime.

Police allege he planned his disappearance and took deliberate steps to make it appear as though he had been abducted. Investigators believe Robillard's disappearance was precipitated by a significant financial loss and allege the abduction was staged to make it appear as though he had been blackmailed to account for the loss.

Robillard was released on a recognizance and is scheduled to appear in court April 8.

THE CANADIAN PRESS

Firearm.
Pen guns becoming a concern for police

It's as easy as clicking a pen and could be fatal, according to Calgary police.

In the last year, police have seized three pen guns, all of the same model, in relation to alleged drug-related activities. The most recent .22-calibre gun, which literally looks like a pen and holds a single shot, was seized along with drugs and other weapons from a southeast home on March 5.

"This pen looks no different than something you'd buy for a relative for graduation," said Staff Sgt. Geoff Gawlinski.

Staff Sgt. Geoff Gawlinski holds up a pen gun that was seized from an earlier investigation. KATIE TURNER/METRO

"This firearm is fatal up close but it's not the most accurate firearm ... it can go a significant distance — at least half a mile. Who's going to pay the price for that?"

In addition to the pen gun, officers also found methadone, heroin, drug paraphernalia, ammunition, knives and brass knuckles while executing a search warrant at a home on the 4500 block of 17 Avenue S.E.

Calgarians Collin Dean Oxtoby, 39, Rachelle Mae Harkiss, 35, and Vivian Tracey Curran, 44, are facing a total of 23 charges.

Gawlinski added those who may have information about others in possession of a pen gun should call Crime Stoppers at 1-800-222-8477.

KATIE TURNER/METRO

'Puppy room' promise leads to landslide win for student

Student stress.
Canines aimed at helping young people feeling the pressure over exams, debt and future career prospects

ROBSON FLETCHER
robson.fletcher@metronews.ca

Puppy promises make good politics.

That's one lesson Ben Cannon learned from his landslide victory in recent University of Calgary student union elections.

Cannon was elected vice-president, student life, with 55 per cent of the vote in a three-way race after making "puppy rooms" on campus a key part of his campaign platform.

"It was probably my greatest selling point with students," Cannon said. "Everybody seems very keen on the idea."

Other Canadian universities have already adopted the idea, aimed at relieving students' stress by giving them easy access to cuddly canines on campus.

"There's no better way to relax than to snuggle up with a dog," said Joan Andersen of Calgary's Pet Access League Society, a non-profit group that provides pet therapy.

Debbie Bruckner of the U of C Wellness Centre said the university is already working with Cannon on the logistics of a puppy room.

"It's something that can generate a lot of publicity, I feel, for the larger issue of student mental health," Cannon said.

Science behind it

15

Petting a dog for 15 minutes has been shown to reduce blood pressure and increase dopamine levels in people's brains, said Joan Andersen of Calgary's Pet Access League Society.

Students pat a certified therapy dog in the "puppy room" at Dalhousie University, one of the first Canadian post-secondary institutions to adopt the stress-relieving service. METRO FILE

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Ride to school. Busing fees to rise in fall: CBE

Busing fees for Calgary public school students will be driven up this fall, but it's not clear by how much or over what length of time the hike will occur.

The Calgary Board of Education has determined during preliminary evaluations of the provincial budget handed down last week that a freezing of fuel contingency funding will cost the organization $950,000 between April 1 and the end of school in June and another $2.3 million next year.

The CBE does have $2.8 million stored in reserves after over-collecting on fees last year; however, spokesperson Richard Peter said it appears a further increase will be needed to offset costs.

The hike will come on the heels of a move by the CBE last year that saw the separation of noon-hour supervision and busing fees, which led to an $80 hike per student for some parents. The fee for noon-hour supervision will rise at least another $80 this fall, according to fee documents provided by the board last year.

"There (is) some decision-making that has to go (with) this," Peter said of the busing-fee hike. "When you look at the guidance we got from parents on the fee consultation last year, they said significant fee increases could be phased in — so we took that approach with noon supervision. Do we consider something like that with regards to transportation fees?"

Currently, parents pay $295 annually for busing elementary children and $385 for those in middle school and high school. Kindergarten students are charged $215.

JEREMY NOLAIS/METRO

Hazardous materials?

6 people isolated after unknown substance found

Six people came in contact with an unknown substance found in the mailroom of a southwest Calgary business Tuesday, prompting a response from the fire department's hazardous-materials team.

Calgary firefighters responded to the call at 11:30 a.m. Tuesday in the 4800 block of Richard Road S.W.

Hazmat-team members secured the package with the substance and removed it for further investigation.

The six people who came into contact with the substance were isolated for further assessment. METRO

Time saved

Red-tape cuts help save $1.1M

City officials say cutting red tape has led to more than $1 million in money and time.

Mayor Naheed Nenshi's office released an update on the Cut Red Tape initiative, which they say has saved $1,121,697 since it launched in 2011.

The figure is based on reports that state more than 33,000 hours in time savings have been achieved for Calgarians and city staff.

"This is an important milestone made possible by the great ideas of many Calgarians and the hard work of my colleagues at the city," said Nenshi in a statement. METRO

Meeting LEED Gold has 'shocking' benefits

Efficiency standards. Return on investment, particularly in reduced energy costs, described as 'huge' by Mayor Naheed Nenshi

ROBSON FLETCHER
robson.fletcher@metronews.ca

The Water Centre, located at 621–25 Avenue S.E., was unveiled in 2008 and LEED Gold certified in 2009. It was one of four City of Calgary buildings examined in a new report. COURTESY CITY OF CALGARY/FILE

Meeting LEED Gold efficiency and design standards in City of Calgary buildings provides a much faster and greater return on investment than initially believed, according to a new report.

"I'm absolutely flabbergasted at the minimal investment to get such a huge return," Ald. John Mar said Tuesday, as a city committee reviewed the numbers.

City staff generated the report in response to a question last year from Ald. Shane Keating, who wanted to know how the city's requirement for large, new buildings to meet LEED Gold standards compared to meeting the less stringent LEED Silver requirements.

The answer, according to the report, is a benefit-to-cost ratio ranging from 10-to-1 to 12-to-1.

"That is, for every incremental capital dollar invested in a Gold certified building, from $10 to $12 are achieved in triple bottom line (economic, social and environmental) benefits," the report states.

Mayor Naheed Nenshi was surprised the ratio was that high.

"These numbers are pretty shocking," he said. "The benefits, particularly in reduced energy costs, were huge."

Ald. Brian Pincott, however, said he wasn't surprised by the report's figures.

"There's a reason why we actually adopted that standard," he said. "It's because in the long term, it saves us money."

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Return on investment

12

For every dollar invested in going from LEED Silver to LEED Gold standards, the city expects up to $12 in economic, social and environmental benefits over a 20-year span, according to a new report.

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CITY: 7.1L/100 KM▼

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$82 BI-WEEKLY	0%† FINANCING FOR 84 MONTHS	$0 DOWN PAYMENT		$1,250 IN PRICE ADJUSTMENTSΩ ON SELECT TRIMS	$14,894♦ ACCENT 4 DR L 6-SPEED MANUAL. DELIVERY & DESTINATION INCLUDED.

INCLUDES $750 IN PRICE ADJUSTMENTSΩ

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2013 BEST NEW SMALL CAR (OVER $21K)

HWY: 5.3L/100 KM
CITY: 7.8L/100 KM▼

OWN IT FOR	WITH	AND	OR	GET UP TO	SELLING PRICE:
$110 BI-WEEKLY	0%† FINANCING FOR 84 MONTHS	$0 DOWN PAYMENT		$2,000 IN PRICE ADJUSTMENTSΩ ON SELECT TRIMS	$19,894♦ ELANTRA GT GL 6-SPEED MANUAL. DELIVERY, DESTINATION & $750 IN PRICE ADJUSTMENTSΩ INCLUDED.

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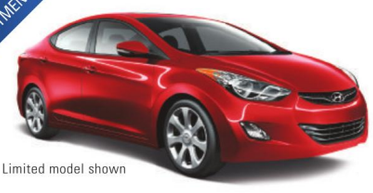

Limited model shown

2013 ELANTRA L

2012 CANADIAN & NORTH AMERICAN CAR OF THE YEAR

HWY: 5.2L/100 KM
CITY: 7.1L/100 KM▼

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$94 BI-WEEKLY	0%† FINANCING FOR 84 MONTHS	$0 DOWN PAYMENT		$1,750 IN PRICE ADJUSTMENTSΩ ON SELECT TRIMS	$16,944♦ ELANTRA L 6-SPEED MANUAL. DELIVERY, DESTINATION & $500 IN PRICE ADJUSTMENTSΩ INCLUDED.

Limited model shown

2013 TUCSON L

HWY: 7.7L/100 KM
CITY: 10.4L/100 KM▼

OWN IT FOR	WITH	AND	OR	GET UP TO	SELLING PRICE:
$124 BI-WEEKLY	0.99%† FINANCING FOR 84 MONTHS	$0 DOWN PAYMENT		$2,500 IN PRICE ADJUSTMENTSΩ ON SELECT TRIMS	$21,759♦ TUCSON L 5-SPEED MANUAL. DELIVERY & DESTINATION INCLUDED.

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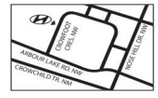

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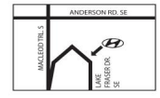

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Kilimanjaro on the double

Charity climb. Martin Parnell has raised $529,000 in his Quest for Kids

KATIE TURNER
katie.turner@metronews.ca

In less than 24 hours, Martin Parnell climbed more than 19,000 feet through five ecological zones, making it to the top of Mt. Kilimanjaro.

Parnell, 57, of Cochrane, known for running 250 marathons in one year, has achieved yet another quest to raise money for Right to Play.

Parnell travelled to Tanzania this month and ran a marathon in near 30-degree heat just three days before attempting to climb Kilimanjaro.

On March 6 at 9:15 a.m., Parnell started out with a guide and porter.

"The change in temperature just blows you away," he said. "You're down at the bottom at 25 C and by the time you're towards the top, you're at -15 C."

Parnell had hoped to be up and down the mountain within 24 hours (most people take five days), but said he realized as they climbed that that would be impossible.

"You just can't get enough oxygen to keep the pace up. I was taking six steps and then counting to 10," he said of the final few hours.

By 6:15 a.m., 21 hours after they began, Parnell said they made it to the summit. The trio got back to the bottom in just under 38 hours. "It was an amazing experience," he said.

He is hoping to raise $25,000 for Right to Play through this quest. To donate, go to marathonquest250.com.

Martin Parnell, centre, celebrates reaching the top of Mt. Kilimanjaro in Tanzania with his guide, Lau Mafuru, right, and Kidori, a porter. Parnell, known for running 250 marathons in one year, is trying to raise $25,000 for the children's charity Right to Play. CONTRIBUTED

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Affordable homes the first of thousands more to come

Fourteen new affordable homes unveiled in Calgary on Wednesday are part of 2,500 to be built over the next two years, the province says, though no new funding was committed in the 2013 budget.

The new apartments, aimed at single women, are part of a building purchased by the Calgary Homeless Foundation with support services provided by the Calgary YWCA.

"As important as the bricks and mortar is the support that people receive," said CHF vice-president of communications Andrea Ranson.

YWCA CEO Sue Tomney said, "We are so pleased to be able to grow the capacity of permanent, community-based housing options for women."

The CHF bought the building last January for $2.19 million, with $1.53 million in capital grants from the province. Ranson said the CHF is involved with roughly 600 of the 2,500 additional homes to be built in Calgary and the province has committed 70 per cent of the capital costs.

There were no new commitments in the 2013 budget for affordable housing, however.

"These units are all coming on stream as a result of previous affordable housing funding," Municipal Affairs spokesman Cameron Traynor said.

ROBSON FLETCHER/METRO

Sheriff shooting

Suspect to undergo psych testing

One of two suspects in the shooting of an Alberta sheriff will undergo a mental-health review to see if he is fit to stand trial. A judge granted the assessment after a court appearance in Whitecourt by an agent for Jake MacIntyre's lawyer. Clayton Ness, the second man accused, reserved his plea, also through an agent. Their next appearance is on April 9. THE CANADIAN PRESS

Bus garage. City seeking federal infrastructure cash, despite past rebuff

Aldermen voted Tuesday in favour of seeking money from the federal P3 Canada Fund, which supports infrastructure projects accomplished through public-private partnerships. The city wants to build a $200-million storage and maintenance garage for a new fleet of natural-gas buses.

The fund is notorious in local politics, as Ottawa turned down the city's application for $100 million for rec-centre funding in 2011, leaving Calgary in the lurch.

But Mayor Naheed Nenshi and most of council supported going back to the fund for the bus-garage project. "If this application is approved by P3 Canada, then the value for money is a slam dunk," Nenshi said. ROBSON FLETCHER/METRO

Dog owner claims his lab-cross was attacked twice by same pit bull

Shaun Reiter is seen with his dog, Abby, a few days after he claims she was attacked for the second time by a pit bull in the community of Fairview. JEREMY NOLAIS/METRO

Need for change. Incidents involving pitbull prompt call for better communication with owners

JEREMY NOLAIS
jeremy.nolais@metronews.ca

One attack on his beloved dog was bad enough — Shaun Reiter never imagined it would happen twice.

On Jan. 19, Reiter was out walking his Labrador-cross Abby near his home in the community of Fairview when he claims two dogs, a pit bull and rottweiler, overpowered their owner and raced towards them.

Abby was bitten on her front right leg.

"I just grabbed the collar of the pitbull and pushed it away but it was back on me in seconds," Reiter recalled.

He and Abby managed to get away and called city animal services, which did later confirm the dogs were retrieved.

But on Saturday the same pit bull attacked while Shaun's wife was out walking Abby in the community. This time the injuries were more severe — Abby has already undergone two surgeries to repair wounds on her front and back legs and could face further treatment.

Reiter said he's fed up and should have been warned the pit bull had been returned to the area. Furthermore, he's wondering how to go about recouping costs for surgeries.

But Andrew Bissett, manager of city animal and bylaw services, said the law prevents them from providing personal information about dog owners and their pets.

He did add, however, that "upon conviction, where the court has deemed an animal to be vicious, the court may require that the sign be posted on the property where the dog resides warning that a vicious dog is on the premises."

But Reiter said that's not good enough, adding his neighbours could also be threatened by the pit bull.

"I'm scared for everybody on my street that owns a dog," he said. "It's absolutely ridiculous what happened."

Vicious behaviour

- Shaun Reiter said surgeries to repair wounds his dog Abby suffered in an attack Saturday and a previous incident have already cost $1,000 and she could face further operations.
- The attack came on the same day that two bullmastiffs attacked and killed a small dog on the pathway along Canyon Meadows Drive S.E. between Bonaventure Drive and Acadia Drive.

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Deal signed. Alberta, Metis reach $85M agreement

Alberta's eight Metis communities will receive $85 million over the next decade from the province to make them more independent and economically self-sustaining.

"We're in the process of putting meat to the bones, so to speak," said Metis leader Randy Hardy after signing the deal with Premier Alison Redford in a ceremony at Government House on Tuesday.

"The lion's share goes to infrastructure," said Hardy, president of the Metis Settlements General Council.

He said it's about the next generation too.

"Some will be towards education and ensuring that our people have the same opportunity that other Alberta children have in terms of acquiring academic diplomas and getting the appropriate trades, so that we can take advantage of the Alberta advantage."

Just under 5,000 people live in the Metis communities on 512,000 hectares of land in east-central and northern Alberta.

The plan is an extension of previous funding agreements. Hardy said the goal now is to make sure this deal is not a cash handover, but a springboard.

"We're not looking for Joe Public's hard-earned tax dollars to fund the eight communities," said Hardy. "What we're looking towards is having our lands and our traditional areas to realize what potential they have."

Alberta is the only province with a recognized Metis land base. THE CANADIAN PRESS

Alberta premier Alison Redford signed a deal with Alberta's Metis. METRO FILE

Infrastructure funding

Alberta budget leaves Calgary 'at the limit' of capital debt

Calgary is "pretty much at the limit" of servicing debt on long-term projects and can't handle another change in infrastructure funding from the province, Mayor Naheed Nenshi said Tuesday.

"When we build something like the west LRT or when we build rec centres, these are multi-year projects, so we have to rely on what the province is saying in terms of the overall funding," he said.

The province's decision to leave infrastructure funding flat in its 2013 budget — after the governing Tories promised previously the funding would increase significantly — leaves the city $51 million short annually, Nenshi added, meaning higher interest costs for the city.

Those can be handled within the city's capital plan, according to the mayor, and won't quite require dipping into the city's operating or other budgets.

Still, Nenshi described it as a waste of money.

ROBSON FLETCHER/METRO

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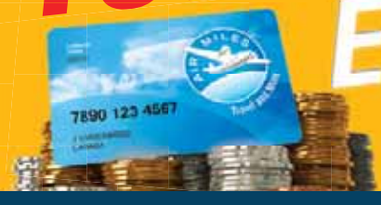

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New York City

Cop convicted of plotting to cook and eat women

A New York City police officer was convicted Tuesday of charges he plotted to kidnap and cook women to dine on their "girl meat" — a macabre case that subjected jurors to often gory evidence.

The jury reached the verdict at the trial of Officer Gilberto Valle, a 28-year-old father with a fetish for talking about cannibalism.

Valle's lawyers chose not to hide his "weird proclivities." But they insisted he was just fantasizing and noted that none of the women were ever harmed.

Prosecutors countered that an analysis of Valle's computer found he was taking steps to abduct his wife and at least five other women. They said he searched for how to knock someone out with chloroform and showed up on the block of one woman after agreeing to kidnap her for a New Jersey man, now awaiting trial. THE ASSOCIATED PRESS

Referendum

Falklands votes for British rule

Falkland Islanders are celebrating their referendum showing that 99.8 per cent want the area to remain a British Overseas Territory.

Legislative Assembly Member Gavin Short said Tuesday that he hopes it sends a message to Argentine President Cristina Fernandez: "We have absolutely no desire to be ruled by the government in Buenos Aires. I hope that you now might respect that."

Argentina's ambassador to London, Alicia Castro, said the vote was organized by and for the British just to claim the islands for Britain. THE ASSOCIATED PRESS

Bully babies?

Babies dislike those who are different: Study

A study out of the University of B.C. suggests babies may have a mean streak.

A professor from the department of psychology found infants as young as nine months favour those who bring harm to people who are different than themselves.

Kiley Hamlin, lead author of the study published in the journal Psychological Science, says almost all of the 112 babies tested acted the same.

For the study, babies nine to 14 months old chose a food they preferred — green beans or graham crackers. They were then shown a puppet show where a puppet demonstrated the same food preference and another puppet demonstrated the opposite preference.

The babies preferred the puppets who harmed the puppet with the opposite preference. THE CANADIAN PRESS

Curiosity rover

Mars could have supported life: NASA

NASA scientists say tests on a Mars rock show the planet could have supported primitive life — microscopic organisms. The analysis was done by the rover Curiosity, which drilled into the rock and tested a sample. THE ASSOCIATED PRESS

Father breaks down at Magnotta hearing

Preliminary inquiry. Daran Lin had to leave courtroom during one witness' testimony

Daran Lin, father of murder victim Jun Lin, leaves the courthouse in Montreal on Tuesday. RYAN REMIORZ/THE CANADIAN PRESS

A father left a courtroom in tears after hearing evidence at the preliminary inquiry of Luka Magnotta, who is accused of killing and dismembering Lin's son.

The preliminary hearing for Magnotta has begun with testimony from police witnesses. He is charged with first-degree murder in the slaying of Jun Lin.

As a second police witness took the stand, Daran Lin was overcome with emotion and left the courtroom trembling and in tears, assisted by his translator as he left the room.

The hearing is subject to a publication ban on the evidence being presented. However, members of the public and media are allowed to witness it. A unique defence attempt to have the courtroom closed was rejected Tuesday.

The first witness to take the stand at the preliminary hearing was the lead investigator in the case. Michel Bourque is a Montreal police major-crimes investigator.

Later a crime-scene technician, Caroline Simoneau, took the stand. During a difficult bit of testimony, Lin's father left the room.

Magnotta sat in the prisoner's box with his arms folded.

Earlier Tuesday, the judge presiding over the hearing ruled that the public and media would be allowed to attend the legal proceedings.

The hearing will determine whether there is enough evidence to send Magnotta to trial. THE CANADIAN PRESS

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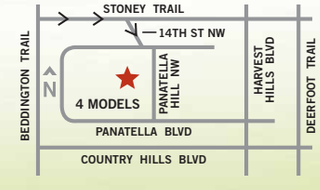

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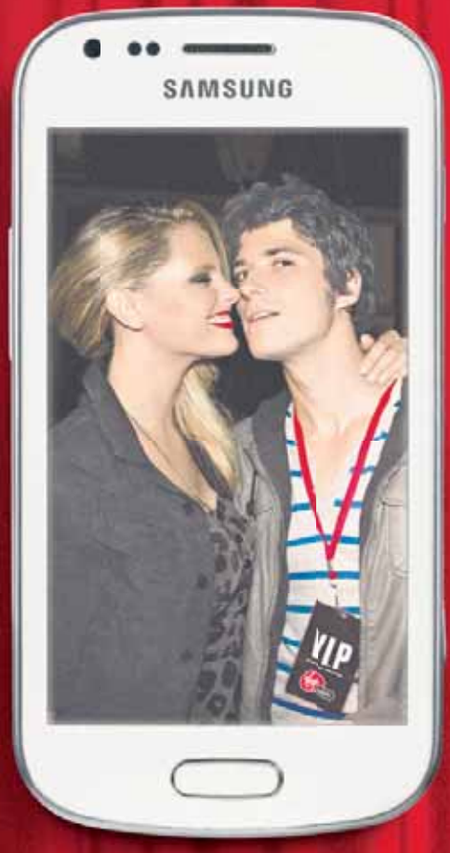

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The research

What do Canadians know?

Canadians do care about where they come from, according to the latest stats from Ancestry.ca.

- 91% of Canadians feel that knowing one's family history is important.
- 44% of Canadians have researched their family history.
- 41% say they heard an interesting story about their ancestor from a relative and this prompted them to research their family history.
- 42% wish they knew more about their family history.

ANCESTRY.CA

Ninety-one per cent of Canadians think family history is vital. ISTOCK

The unknown

What do Canadians not know?

While 91 per cent of Canadians think it's important to know one's history, many do not have the information to do so.

- 44% don't know when their family first arrived in Canada.
- 34% don't know either of their grandmother's maiden names.
- 37% don't know the occupation of their grandfathers.
- 37% don't know where either of their grandparents or great grandparents were born.
- 34% are unsure if any of their ancestors fought in either of the World Wars.
- 50% of Canadians don't know if any of their ancestors have been awarded a medal for their military service.

ANCESTRY.CA

In this ever-changing world it's easy to lose sight of who you are and where you came from. People move, families are separated and personal histories fade like tattered photographs yellowing in old shoe boxes. In this three-part series on genealogy, Metro Canada will help you replant the seed of family knowledge and recreate those missing branches. In this first instalment, we have teamed up with Ancestry.ca to get you started in your quest into the past — through family albums, old birth records and stories that may amaze you. Tomorrow we will take a look at some of the surprises that may have budded on your family tree, and on Friday we'll end the series with a look into the microscopic knowledge of DNA and what it can teach you about your genetic past.

A trek across space and time to self-discovery

Family history. How one woman learned about all the things her grandmother never told her

SHELLEY COOK
For Metro

It all started in 1977, when Linda Kawamoto, now Linda Reid, found a story written by a woman with the same name as her grandmother.

The story, which won first place in a historical-writing contest, chronicled a young Japanese woman's journey of coming to Canada from Japan in 1907 as a "picture bride"

"When I saw this story, I thought 'Could this be my grandmother?'" said Reid in a telephone interview from her office at the Nikkei Nation Museum in Burnaby, B.C.

A curious Reid did some investigating and discovered that the story was indeed written by her grandmother, Koto Kawamoto.

"I thought, 'Wow, this is really cool. Here she is talking about all the things that she would have never told me,'" explained Reid, who was very close to her grandmother.

Eager to learn more about her family history, Reid began the task of tracing her family's roots, starting in 1902 when her young grandfather, Sansuke Kawamoto, travelled across the ocean from Meiji, Japan, to Victoria, B.C., in the hopes of finding a more prosperous life in Canada.

For five years the young man worked hard, tilling land in B.C.'s Fraser Valley.

When he earned enough to buy his own land, Reid's grandfather built a little home and began cultivating farmland on his property to make a living.

After his new picture bride — he selected her through a photo shown to him by a matchmaker — arrived in 1907, she joined in on the long hours of work. The young couple established a good life for themselves in Canada.

During the Second World War, like most Japanese people in B.C., Reid's grandparents were placed in Japanese internment camps. Everything they'd worked so hard for was lost — their 10 acres of land, their home and all of their belongings were taken and auctioned off by the B.C. Security Commission.

"It was a really painful time for Japanese people in Canadian history," Reid explained, adding many people to this day still don't like to talk about it.

"Thankfully my dad has always been very good about talking about it."

For Reid, learning about her grandparents' journey has created a whole new journey for herself. "It was my grandmother's story that really peaked my curiosity," Reid explained. "I started reading a lot of books and doing research like that. I didn't get into genealogy until the 1980s."

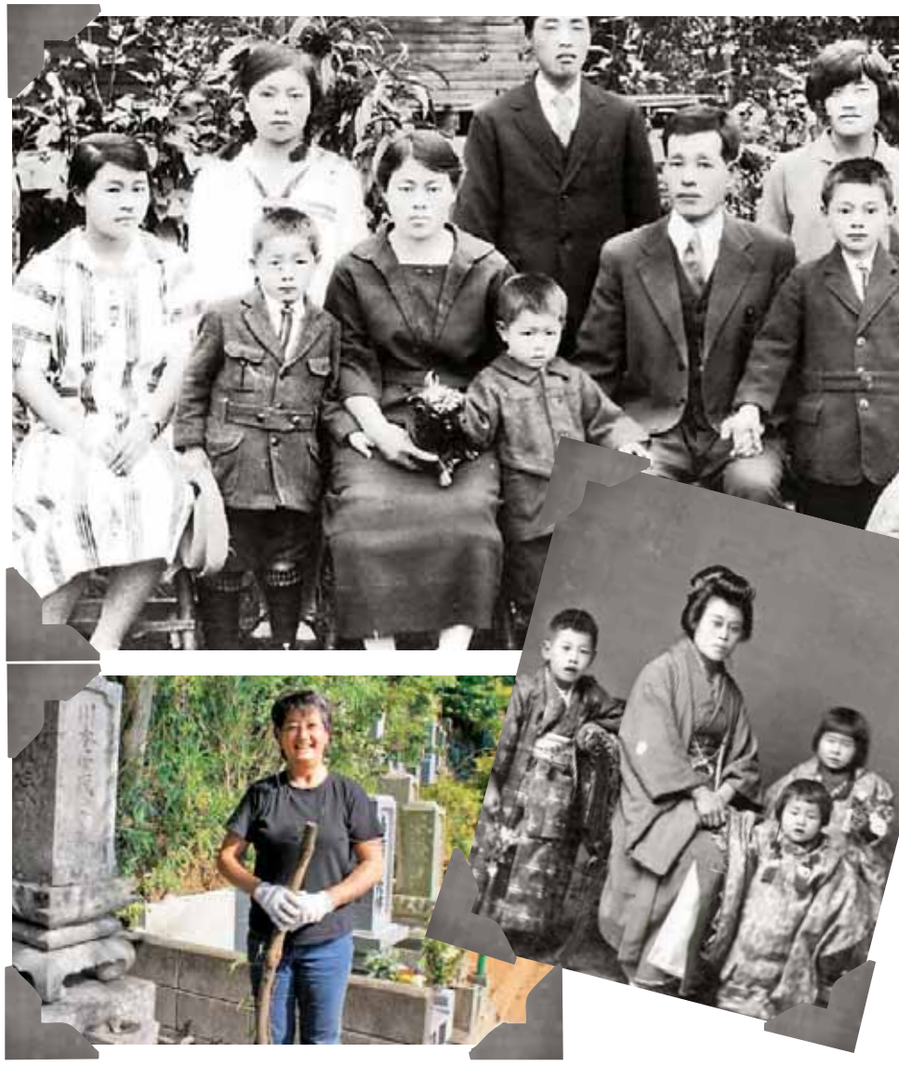
The research archivist has taken trips back to her grandparents' homeland, in search of learning more. She is also a longtime member of Ancestry.ca, where she has found documents and information that has helped in her research.

Reid's interest and curiosity in genealogy and family research has not only helped her find her roots, it has also been key in assisting others in their search to learn about their family's histories.

"It's like a passion for me," she said. "It's taken me into a number of wild directions."

Online

Notorious or famous? Does your family tree have an interesting branch? Tweet us about them at #metrofamous



The top photo was taken in 1927. From Kimiko, left, Fukuyo (standing), Sueyo, Koto, Makoto (boy in front), unknown (tall man in back), Sansuke, Hiroshi (boy in front with hat — Reid's father), Midori, Masao, Tsugio. This photo was taken at the family farm in Haney, B.C. The property was bought in 1920, confiscated in 1942 and sold in 1943 without consent.

In the black and white shot taken in 1913, Reid's grandmother Koto Kawamoto is seen in a kimono with her three oldest children, Masao, left, Fukuyo, centre and Kimiko Kawamoto.

In the bottom photo, Linda Reid cleans the gravesite of her ancestors in Japan. Reid's grandfather built this monument to his family in 1927. ALL PHOTOS COURTESY OF LINDA REID

Did you know?

Additional source

The Mormon church is well known for its collection of genealogy records.

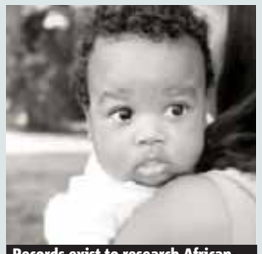
You can do a free search on the Mormon church's huge genealogy record collection (2.5 billion names to be exact) at familysearch.org.

Be sure to input various spellings of the surname and first name for which you are searching.

Try even using first initials if you can't find the person you are searching for by using a full name.

You can also access records, get free help and collaborate with other people seeking to build their family tree.

METRO



Records exist to research African-Canadian genealogy. ISTOCK

African-Canadians

Debunking popular belief

Records do exist for researching African-Canadian genealogy.

From 1793 until the end of the American Civil War in 1895, more than 30,000 slaves came to Canada via the Underground Railroad.

Other migrations occurred during the War of 1812, from California to Vancouver Island from 1858 to 1860, as well as between 1909 and 1911, when more than 1,500 farmers moved to Manitoba, Saskatchewan and Alberta.

Library and Archives Canada offers various sources. Among them are The Muster Book of Free Blacks (who were among loyalist refugees when they settled in Nova Scotia) and the Book of Negroes (contains names of black loyalists, their origins, names of their white associates, ships that carried them and more).

Meanwhile, other documents include a list of black chaplains enlisted in the Canadian army (1942 to 1944), and the Canadian Pacific Railways' list of black porters (1930 to 1956). METRO

Tomorrow

Which famous stars share more than a Canadian passport? Read tomorrow's Metro to find out.

Filling out the branches of your tree

Getting started. Even if you know next to nothing about your family, finding out is easier than you think

SHELLEY COOK
For Metro

So you want to learn about your family history, but you don't know where to begin.

Lesley Anderson, content specialist and spokesperson for Ancestry.ca, has some tips on how you can begin your genealogy journey.

"I always tell people to start with what they know and then go backwards," she said in a telephone interview from her Ottawa office. "Start asking family members to fill in the blanks. They might have old birth certificates, pictures, bibles or stories.

"Times have changed and archives are realizing that genealogists and family researchers are the ones who want digital documents to be recognized," says Anderson.

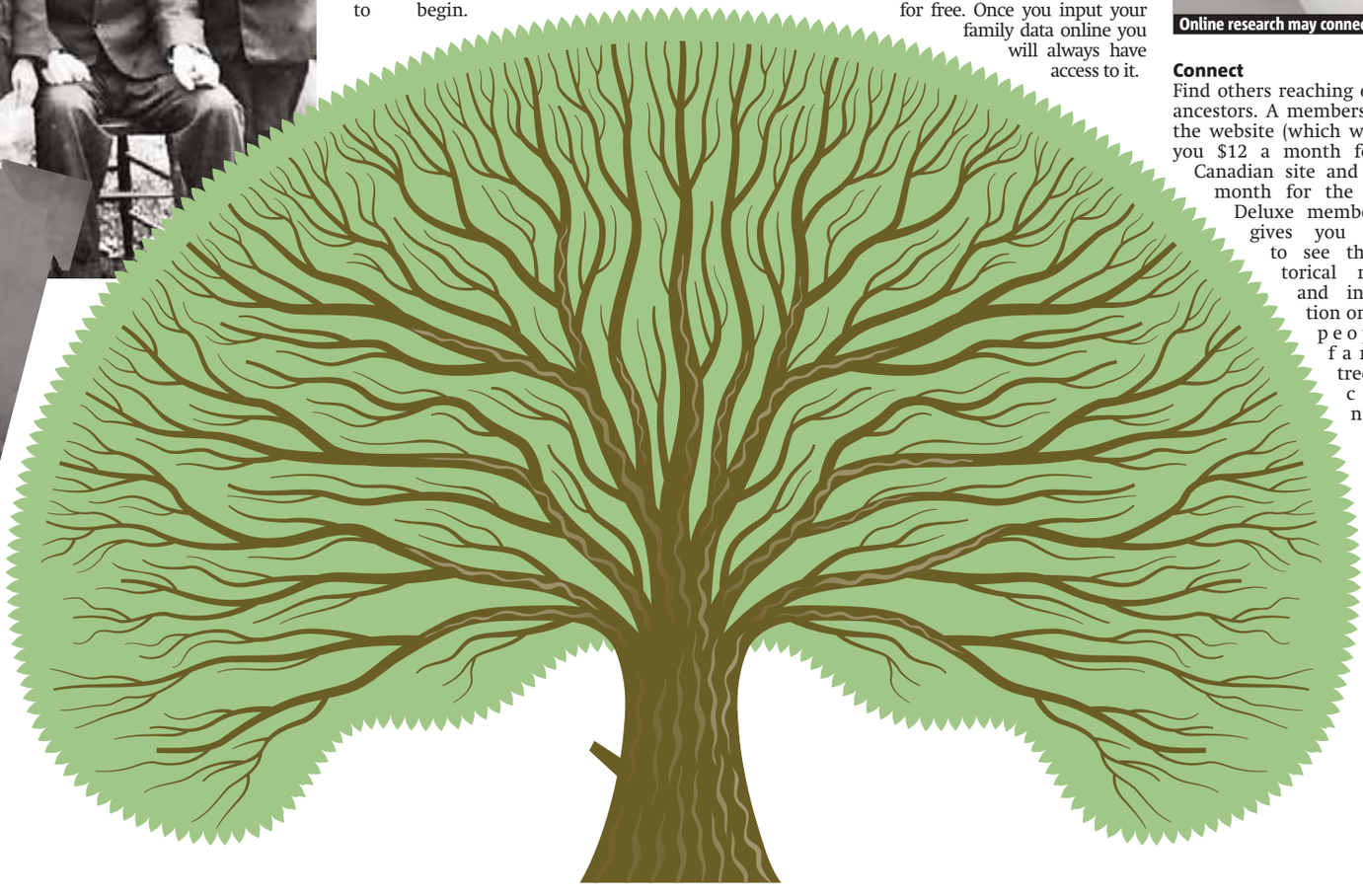
Anderson suggests five steps to get you started.

Dig

Start with what you know. Tap into your family resources and begin gathering old documents and stories about your family's past.

Build

Build a family tree on Ancestry.ca, which offers this service for free. Once you input your family data online you will always have access to it.



Online research may connect you with living members of your family. ISTOCK

Connect

Find others reaching out for ancestors. A membership to the website (which will run you $12 a month for the Canadian site and $25 a month for the World Deluxe membership) gives you access to see the historical records and information on other people's family trees, and connects you through an anonymous email system.

Search

Search Ancestry.ca's databases for your family records. This service is offered to paying members, giving them access to billions of original documents that have been digitized and indexed. This means that you can search the records database by a person's name, location or an approximate date, and all of the documents Ancestry.ca has with that person's name on it (censuses, passenger lists, birth, death and marriage certificates) will pop up at your fingertips.

Don't stop

Never stop searching. Once you've started researching your family's history, keep going. With new documents being added to the Ancestry.ca databases regularly, you will never run out of things to sift through. Aside from finding the information you know you're looking for, you could find distant relatives and information you never thought to ask.

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The faithful brave rain and cold on Tuesday to wait for smoke to rise above the Sistine Chapel. DAN KITWOOD/GETTY IMAGES

Smoke signals more anxiety

Papal election.
Cardinals fail to vote in new pope on first try

Black smoke poured from the Sistine Chapel chimney on Tuesday, signalling that cardinals had failed on their first vote of the papal conclave to choose a new leader for the world's 1.2 billion Catholics and their troubled church.

Surrounded by Michelangelo's imposing frescoes depicting the beginning and end of the world, cardinals locked themselves into the chapel following a final appeal for unity to heal the divisions that have been exposed by Pope Benedict XVI's shocking resignation and revelations of corruption and mismanagement in the Vatican bureaucracy.

Led by prelates holding a crucifix and candles, the 115 scarlet-robed cardinals chanted the Litany of Saints, the hypnotic Gregorian chant imploring the intercession of the saints to guide their voting, before the master of liturgical ceremonies intoned "extra omnes," or "all out," and closed the heavy wooden doors.

Outside, thousands of people braved cold night rain and packed St. Peter's Square, eyes fixed on the narrow chimney poking out of the Sistine Chapel roof. They were answered some three hours after the conclave began when thick black smoke billowed out of the chimney, signalling that no pope had been elected.

The cardinals resume voting on Wednesday morning.

THE ASSOCIATED PRESS

INSIDE THE CONCLAVE
Metro looks at how the pontiff will be voted in.
CONCLAVE
Takes place in the Sistine Chapel, the famous Vatican hall whose walls and ceilings are adorned with Michelangelo's frescoes.
Name derived from the Latin "clausi cum clave," meaning "locked by a key." Cardinals are under lock and key and cannot communicate with the outside world while voting takes place. They sleep in the Casa Santa Marta hotel inside the Vatican grounds.
The next pope needs a two-thirds-plus-one majority of the 115 cardinals.
There are four daily ballots (except the first day, with only one). Ballots are cast on cards with the Latin phrase "Eligo in Summum Pontificem" ("I elect as the most high pontiff") and dropped into a gold chalice.
After each inconclusive round, the strung-together ballots are burned to produce black smoke over the Vatican.
If there is a winner, the ballots are burned with a chemical to produce white smoke.
OLDEST ELECTED POPE
CLEMENT X
(r. April 29 1830 - July 22 1670)
AGE 79
AGE 18
YOUNGEST ELECTED POPE
BENEDICT IX
(r. 1032 - 1044, 1045, 1047 - 1048)
LONGEST PAPAL CONCLAVE
2 years, 10 months (November 1268 to Sept. 1, 1271) due to political infighting between cardinals. The election of Pope Gregory X was reached after cardinals' rations were reduced to bread and water and the roof of the Palazzo dei Papi di Viterbo was removed, exposing the condave to the elements.
SHORTEST PAPAL CONCLAVE
10 hours — October 1503 Election of Pope Julius II
GRAPHIC: MIA KORAB
TEXT: ANTHONY JOHNSTON

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Join us on Wednesday, March 13 at 7:00 pm in Room E114 in the John Ware Building.
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Are you interested in an oil and gas career that combines geology and geophysics and computer science? If so, then SAIT's two year, Exploration Information Technology diploma program is for you.

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Call 403.210.5753 or Email expt.info@sait.ca to confirm your attendance or for more information.

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Join us on Wednesday, March 13 at 7:00 pm in Room H101 in the Senator Burns Building.
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- Business Administration diploma –Accounting, Finance, Management, or Marketing majors – Room MB202, Stan Grad Centre
- Administrative Information Management diploma – Room MA118, Heritage Hall Building
- Legal Assistant diploma – Room MA119, Heritage Hall Building

Join us on Wednesday, March 13 at 5:30pm in the above-listed rooms on SAIT main campus.
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Join us on Wednesday, March 13 at 7:00 pm in Room KA338 in the Johnson-Cobbe Energy Centre.
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- Pre-employment Programs: Cabinetmaker, Carpentry, Plumbing and Refrigeration and Air Conditioning

Join us Wednesday, March 20 at 7:00 pm in Chinook Lodge in the rotunda of the Senator Burns Building.
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SAIT POLYTECHNIC

Princess to the rescue.
Dad is a hacking hero

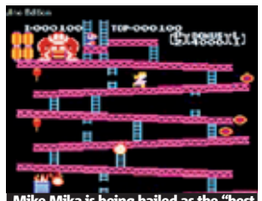
In Mike Mika's version of Donkey Kong, it's the princess who rescues Mario. In response to a plea from his three-year-old daughter, Mika hacked the game, swapping the characters and bringing a little gender parity to the classic Nintendo title.

"She's played as Princess Toadstool in Super Mario Bros. 2 and naturally just assumed she could do the same in Donkey Kong. I told her we couldn't in that particular Mario game; she seemed really bummed out by that," he wrote in a post uploaded to Reddit on Saturday.

"So what else am I supposed to do? Now I'm up at midnight hacking the ROM, replacing Mario with Pauline."

For his efforts, Mika is being hailed as the "best dad ever" by Reddit users. It's not the first time a doting father has hacked his daughter's way to hero-dom. Last year, software developer Mike Hoye released a version of The Legend of Zelda: The Wind Waker that turned the game's protagonist into a young woman.

"I'm not having my daughter growing up thinking girls don't get to be the hero and rescue their little brothers," Hoye wrote in a blog post.



Mike Mika is being hailed as the "best dad ever" for hacking Donkey Kong so the princess can rescue Mario — all to make his three-year-old daughter happy. YOUTUBE SCREEN GRAB

University of Toronto Prof. Sara Grimes says hacks like Hoye's and Mika's are a response to decades of under-representation of women in video games. "The reaction from the media and the gaming community has been so positive, I think, because they're answering a need for more equal gender representation in games," she said.

LUKE SIMCOE/METRO ONLINE

Analyst says iPhone will take a tumble — BlackBerry-style

Smartphone market. 'When handset makers fall out of favour, they fall faster/further than expected,' observer says

It's hard to imagine the iPhone's fortunes going through the same downward trajectory that BlackBerry has endured in recent years, but one analyst says that historically, that's the way the handset market goes. GETTY IMAGES FILE

Jefferies analyst Peter Misek has likened Apple Inc.'s iPhone to the BlackBerry and Razr, devices that ascended, tumbled and are now struggling to rebound.

"Historically when handset makers fall out of favour, they fall faster/further than expected," he said in a note to investors Tuesday that evoked the comparison to Motorola, HTC and Waterloo's BlackBerry, whose new Z10 phone starts U.S. pre-orders today.

Misek sees a 25 per cent chance Apple will miss its guidance when it reports first-quarter earnings due to slowing sales in late March following Samsung Group's release of its latest Galaxy phone on Thursday.

He added that checks with suppliers show casing colour problems for the anticipated iPhone 5S will push out its launch to between July and September.

Misek, who had a $900 US price target on Apple shares in August, slashed his forecast to $420 from $500, projecting the stock will trade below its current level.

He pared his revenue forecast and his outlook for iPhone sales, predicting moderate growth and warning of further cuts to his targets if new versions of the iPhone "fail to restimulate" sales in developed markets.

The iPhone has been jockeying with the Samsung Galaxy S line for market leadership, with Apple recapturing the title in the latest quarter. But Apple shares have fallen hard since hitting their all-time high in September at $705.07 on decelerating iPhone 5 sales.

TORSTAR NEWS SERVICE

Cyber teams are at the ready

In this 2010 photo, army Gen. Keith B. Alexander, commander of the U.S. Cyber Command, testifies on Capitol Hill. On Tuesday, Alexander said the Defense Department is establishing a series of cyber teams charged with carrying out offensive operations to combat the threat of an electronic assault on the United States that could cause major damage and disruption to the country's vital infrastructure.

THE ASSOCIATED PRESS FILE

Washington. Menu-labelling law gets 'extremely thorny'

Diners in the U.S. will have to wait to find calorie counts on most restaurant chain menus, in supermarkets and on vending machines.

Writing a new menu-labelling law "has gotten extremely thorny," says the head of the Food and Drug Administration, as the agency tries to figure out who should be covered by it.

The 2010 health-care law charged the FDA with requiring chain restaurants and other establishments that serve food to put calorie counts on menus and in vending machines. The agency issued a proposed rule in 2011, but the final rules have been delayed.

While the restaurant industry has signed on to the idea and helped to write the new regulations, supermarkets, convenience stores and other retailers that sell prepared food say they want no part of it.

THE ASSOCIATED PRESS

Rival to GPS

Sat-nav system sends location fix

The European Space Agency says it has received the first location fix from its own satellite navigation system.

The Galileo system is seen as Europe's rival to the U.S.-built Global Positioning System. ESA says technicians have received a longitude, latitude and altitude reading early Tuesday from the four satellites already in orbit. THE ASSOCIATED PRESS

Market Minute

DOLLAR 97.46¢ (+0.03¢)

Natural gas: $3.64 (-1¢)
Dow Jones: 14,450.06 (+2.77)

TSX 12,878.58 (+20.09)

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CAN SOMEONE THINK OF THE ALBUM?

JUST SAYIN'

Mike Benhaim
Guest columnist filling in for Paul Sullivan

Why are musicians still recording albums? Doesn't it seem that the very notion is almost a complete anachronism? They're even doling out Grammy and Juno Awards for best album despite the ever-dwindling hardware and retail outlets that purvey it. I mean, no one has a record collection anymore, just a series of files on progressively shrinking mobile devices.

But perhaps I am speaking in the abstract, and the term has a different definition to the "net" generation.

Now, I'm an avid supporter of artists and do not condone file sharing except to uncover some rare duet between Sid Vicious and Barry Manilow, so forgive me for having recently uttered the phrase "burning a CD," but I immediately regretted it. A gentleman in his late 20s mocked me with the contempt usually reserved for someone who separates from a Kardashian. With music evolving into the metaphysical, this guy would have surgically implanted a USB port into his temporal lobe were it not for its obviously inevitable obsolescence. I am also fairly certain he was watching Shahs of Sunset through wireless contact lenses as we spoke.

Prior to that, I had not considered myself old-fashioned, but it dawned on me recently, as I waited outside the photo lab for my pictures to be developed, that it might just be my romantic sentimentality.

Gather the kids around the fire, and I will regale them with magical tales about a time (insert flashback music here) when phones were answered by humans and movies played only in theatres or on TV at very specific times. You could not pause, rewind, avoid commercials or even choose the content.

These sad children were forced to witness the repeated demise of their musical mediums like eight-tracks, cassettes, records, laser discs, mini-discs and CDs, until the music simply vanished into a virtual, intangible mist. Never again would teenagers line up for the release of their favourite artist's new project, gaze at the list of titles on the back of the album jacket before peeling away the shrink wrap, revealing two panels that might contain a story, lyrics, photos or some cheeky foreshadowing of the mystery that awaited within — the music.

This is no knock on today's teen music scene. Like our oceans, there are still treasures beneath the pollution that's been dumped by the masses, but there is something to be said for anticipation and the aforementioned ceremony that surrounds a tangible addition to your collection. But why build a discernible product if photos and lyrics can be found online and videos are all on YouTube?

I guess what I am saying is that in one generation, we've gone from hoping for some of what we want to instantly getting everything we want. It's destination without the journey, or sex without foreplay — which, as my past lovers will tell you, may still be sex, but the excitement builds too fast and ends way too soon.

Read more of Just Sayin' at metronews.ca

ZOOM

This is a real trunk-twister

GUUS QUAEDVLIEG/SOLENT

Eager elephants show some love

This trio of elephants show their love for one another as they get their trunks in a tangle. The three fully grown African elephants were spotted sharing a bonding moment as they huddled together.

Semi-professional photographer Guus Quaedvlieg captured the moment while on holiday in South Africa. METRO

Q & A

Not fighting but hugging

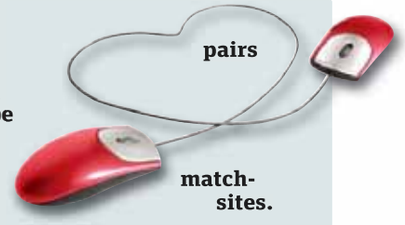
GUUS QUAEDVLIEG
Website designer, 58, from Voerendaal, southeastern Netherlands

Describe the moment you met these three benevolent elephants.
My wife and I were on holiday in Addo National Park in South Africa. We were driving through the conservation park when all of a sudden we found ourselves in the middle of a big herd. Two bulls were playing and then out of the blue, a third one came and started hugging the others. I pulled out my camera and shot this photo.

Hugging? Were they not fighting?
No, not at all. Normally when elephants get together they can be quite aggressive and try to establish who has authority within the group. But when they all met it was clear they knew each other, as they were really caring and loving.

Clickbait

Who knew a dating site that singles based on similar facial features would be so popular? Here are some other unique making pairs match-sites.



pounced.org
Always wanted to date a "fox"? This site matches the furriest of friends.

diapermates.com
For adults who love to dress up as babies or think that wearing a diaper might be considered a turn on.

cupidtino.com
Are you a Mac lover looking for love? This site brings those passionate about their devices together to share their love of Apple products.

meet-an-inmate.com
Convicts post pictures and mailing info to start snail mail correspondence. One disclaimer: Their crimes aren't listed.

Twitter

@metropicks asked: If you were elected pope, what would be the first words you say to the crowd at St. Peter's Square?

@Hfxgrows: Hey, get off my driveway!

@MainStPoodle: All pets go to heaven. Expect cats, who are pure evil.

@GilfoyB73: I've done all the necessary book learn-ins and it sure doesn't take rocket appliances to be the Pope Its more like denial &error coming up short. #whatajoke

@Zaedum: Friends, Romans, countrymen... Lend me your wallets. Even after our tax breaks we are still

@danahlstrand: do these red shoes make me look fat?

@GoTireHRM: humour is a great thing, what about.."let us all pray for the Toronto Maple Leafs and their quest for a playoff start"...

@KP89: close your eyes and tap your heels together three times . And think to yourself, there's no place like Rome.

Follow @metropicks and take part in our daily poll.

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Abracadabra — you may have seen this trick before

The Incredible Burt Wonderstone. Star studded cast still manages to pull a rabbit out of their hat

IN FOCUS
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This weekend a cast of Hollywood A-listers are going to try and do something magical. Literally.

In The Incredible Burt Wonderstone, Steve Carell and Steve Buscemi play down-and-out Las Vegas magicians, up-staged by hotshot Steve Gray (Jim Carrey). Adding more star power is Alan Arkin as a retired magician who still has a card or two up his sleeve.

With an advertising tagline like Abracatastic! you can expect lots of illusions, but Burt Wonderstone isn't the first movie magician to pull a rabbit out of his hat on screen.

In Death Defying Acts Guy Pearce plays the best-known magician of all time — Harry Houdini. Set in 1926, 13 years after his mother's death, the movie introduces him to a Scottish psychic and her daughter, played by Catherine Zeta-Jones and Saoirse Ronan, who try and con him into believing they can contact Mrs. Houdini from beyond the grave.

Houdini has been played by everyone from author Norman Mailer and Harvey Keitel to Tony Curtis and Emile Hirsch, but it's also possible to catch a glimpse of the real deal. The prestidigitator began filming his magic act as early as 1906 and went on to star in a series of films with titles like The Master Mystery and Terror Island, all of which are available on the DVD set Houdini: The Movie Star.

Taking their lead from Houdini, Penn and Teller starred in Penn & Teller Get Killed, a 1989 black comedy featuring a classic sequence of Teller catching pigeons in the park with his bare hands.

Audiences could pick one of two magic movies from the deck in 2006.

First, The Prestige saw Christian Bale and Hugh Jackman abracadabra their way through this Christopher Nolan-directed film about tragic results of a rivalry between two 19th century stage magicians. Fans of the movie will notice the main characters' initials spell ABRA — Alfred Borden Robert Angier — short for Abracadabra!

Released the same year, The Illusionist starred Edward Norton as a magician who uses his magical skills to win the love of Duchess Sophie (Jessica Biel). Norton's character is loosely based on Erik Jan Hanussen, a magician and clairvoyant who was killed by Nazis in 1933 after a long and successful sage career.

The Mad Magician isn't notable just because it starred Vincent Price as the murderous Gallico the Great. It's best remembered as the first movie to be shown in 3D on television.

Steve Carell, left, stars alongside Olivia Wilde in The Incredible Burt Wonderstone. HANDOUT/THE ASSOCIATED PRESS

Michael Caine, left, and Hugh Jackman star in The Prestige, which was part of a magician movie revival in 2006. HANDOUT

Harry Houdini.
HANDOUT

What's in a name for Don Jon?

Joseph Gordon-Levitt had his directorial debut at SXSW with Don Jon.
JACK PLUNKETT/THE ASSOCIATED PRESS

First, he agreed to cut some of the graphic sex scenes. Now, Joseph Gordon-Levitt is trimming the title of his directorial debut.

His racy comedy, originally called Don Jon's Addiction, has been streamlined to just Don Jon.

Outside its screening at the South by Southwest film festival Monday night, Gordon-Levitt said he altered the name because some people mistakenly believed the film is about sex or porn addiction.

"I called it Don Jon's Addiction because there's this central symbol in the movie of this rut and this habit that Jon is in," said Gordon-Levitt, who also stars in the film. "It's about a guy getting out of this rut, learning to be present and have more engaged and realistic relationships."

It's the story of a modern-day Don Juan, a New Jersey lady's man who prefers porn to actual sex — even though he's having no shortage of the real thing.

Quoted

"It's about a guy getting out of this rut, learning to be present and have more engaged and realistic relationships."

Joseph Gordon-Levitt
Talking about his new film, Don Jon

Gordon-Levitt first announced the title change via Facebook, posting that the comedy is actually about "how men and women treat each other and how the media we consume can create unrealistic expectations that we put on one another."

Still, Gordon-Levitt, who previously starred in Inception, 50/50 and (500) Days of Summer, had already said he was going to remove some of the sex in Don Jon to ensure it maintained an R rating.

THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Lady Gaga ALL PHOTOS GETTY IMAGES

Is Lady Gaga ready to become Mrs. Gaga?

Is Lady Gaga ready to settle down with Chicago Fire star Taylor Kinney?

"From all I've heard, I don't think I'm dropping a secret by saying they are ready to get hitched this year," DJ Lady Starlight, a close friend of Gaga's, tells the Sun, adding that both Gaga and Kinney have free time in their schedules in July. "She told me he's the one and you know that instantly when you see them together," the DJ says. But a rep for the singer insists to E! News that the reports of impending wedding bells are definitely not true.

Twitter

@themichaelcaine
Thank You for your kind Birthday messages. Will blow the candles off

@ricky_martin
Of all the "Trending News" out there, the one that I really care and I'm concerned about is North Korea.

@billmaher
Papal conclave has begun! So exciting, like the Oscars all over again- we all want to know:Who will win, and who's dress will he be wearing?

@kelly_clarkson
I just found out I'm allergic to Golden Rod .....c'mon that has to be fake haha. It's sounds like an adult movie, not a weed!

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The Word

Lil Jon might DJ your next Zumba class

THE WORD
Meredith Engel
scene@metronews.ca

When Lil Jon told us he was gonna move "till the sweat drips down" to a specific place near his own Lil Jon, as it were, we had no idea he was talking about getting low in a Zumba class.

But apparently the rapper is a big fan of the fitness craze (or just really, really short on cash) and has signed on to DJ Zumba classes across the country as part of a new Zumba Nightclub Series.

Lil Jon will spin on the turntables while celebrity instructor Gina Grant leads a workout. Oh, and don't expect to hear Lil Jon's new single, Work, on the radio anytime soon — it was created especially for Zumba and will be the official theme song for the nightclub series tour, complete with dance moves.

As Metro's resident fitness test dummy, I admit that this class does sound tantalizing.

But I will only partake under the following conditions: 1. I get to rehydrate with crunk juice instead of water, and 2. All participants get to shout "OH-KAY!" and "YAY-UH" whenever they please.

Justin Bieber

Bieber enjoys momentary break from the spotlight in Dutch coffee shop

Justin Bieber took a much-needed breather in Amsterdam between his tumultuous stay in London and his tour stop in Portugal, and apparently hitting up the Dutch city made the pop star a bit peckish.

Bieber and his security detail were spotted patronizing a coffee shop and a chip shop called Chipsy King.

"Justin seemed to be amused or comforted by the fact that the employee didn't know him at first and wasn't jumping all over him and treated him like a regular customer," a rep for the chip shop tells E! News.

"The employee thought he had beautiful eyes and he knew he recognized him from somewhere, but he didn't know until a Dutch film crew told him that was Justin Bieber."

Selena Gomez

From a wizard to a woman

As her new movie Spring Breakers suggests, former Witches of Waverly Place star Selena Gomez is eager to cut ties with her Disney past.

"Disney is a machine, and I'm grateful for it, but I feel like being part of that environment made me crave the reaction from other projects even more," Gomez tells the New York Times. "Creatively this is where I wanted to go."

The racy, violent film features Gomez and former High School Musical star Vanessa Hudgens as coeds who rob a diner to fund a wild week in Florida.

The final frontier of travel

Chris Hadfield snapped this photo of the Canadarm2 and Dragon Supply Ship high above Earth. AFP/NASA/CHRIS HADFIELD

Interview. Metro sent some questions into orbit with astronaut Chris Hadfield at the International Space Station

ON THE MOVE
Loren Christie
life@metronews.ca

Are civilians ready for space? Should a trip there be on everyone's bucket list?
With some of the technology that's being developed, you can launch off the ground, go up high enough so you just get to the legal definition of space, about a 100 kilometres up or so. And then come back down again. Pretty amazing voyage. Are civilians ready for space? Well I'm a civilian. Most of the people that fly in space are civilians. I think the real question is, are untrained passengers ready for spaceflight, and should it be on everyone's bucket list? Well of course! It's just such a cool thing. Number one to be weightless, to be able to just tumble, even only for a few minutes to be able to do that is a completely rare experience. But to be able to see the world from this altitude, to be able to look down and see the curvature of the earth, and the thin atmosphere and the beauty of it and the colours of it.

If you were writing a TripAdvisor review of the International Space Station what would it say?
So if I was writing a TripAdvisor for the Space Station, what would I say? Unique destination. Travel there is difficult but worth the ride. Accommodation and food are spartan, functional but healthy and overall acceptable. Recreational activities are limited. But the view out the window is out of this world.

Which places have intrigued you enough to want to visit once you return to Earth — and why?
Deserts are some of the most beautiful things you see because the colours are so widespread and the sand and the rock forms into such — they're natural shapes, but they look so artistic and beautiful. And up here, we're removed so we just see the artistry but I'd like to go and actually feel what that's like. To compare the super high altitude, very calm and overpoweringly visual aspect of it with the visceral, five sense reality of what those places are like, I'd like to go and experience that so I can compare the two and try to match them together in my head.

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Just 40 minutes south of Cancun, the city of Playa del Carmen (population 150,000) sits near the middle of the Mayan Riviera, opposite the island of Cozumel. Calm, cool and collected, the vibe is assuredly unhurried

DOUG WALLACE
life@metronews.ca

Fall in love with the Playa

If you go...

- **Where to stay.** The Mayan Riviera is also becoming a fast favourite with those seeking a smaller, boutique-hotel experience. There's a growing luxury travel market as well, if you're the type that requires a staff or a yacht — or both. But if you're vacationing with another couple, a small group or your family, renting a condo is a perfect way to get some privacy.
- **How to get there.** Make sure you do the math. It might be worth it to just book a flight and choose accommodation separately, rather than go the all-inclusive route.

A visit to Tulum is a must while visiting Playa del Carmen. ALL PHOTOS: PAUL MCCROSSIN

The main drag

Avenida Quinta (Fifth Avenue) is the main pedestrian strip, where you can get your shop on any time of the day or night. Hundreds of restaurants, bars and stores line this little main drag, catering to the daily influx of tourists popping off cruiseships for a poke around town. They dock near the south end of Fifth Avenue, making it more touristy. Stick to the north end for some peace and quiet, plus a better quality of shopping and dining.

Sweet success

Business in this tiny town in general is booming — but not in a way that makes the bustle too much to bear. Though city planners are trying to maintain Playa's community charm, you should pay a visit before the Hard Rock Café and Ruth's Chris move in. With more development on the horizon, the whole area is gearing up for even more of an influx of cash. High-end luxury retailers are already setting up shop, including Louis Vuitton, Hugo Boss and Christian Dior. Stores such as H&M, West Elm and Design Within Reach are said to be waiting in the wings.

Day tripping

While sitting in a chair staring at the surf has its benefits, block off a day to rent a car for a drive to Tulum, and a visit to both the 13th-century ruins and the surrounding beaches. The only Mayan city built on a coastline, the Tulum pre-hispanic ruins are ringed by a limestone wall seven metres thick, with the prominent castle sitting at the top of the limestone bluffs. This is a very popular tourist site, so try to get there as close to opening time as possible (8 a.m.) to avoid the throngs and take advantage of the best sunlight of the day for your photos.

Scuba & snorkel

It was scuba diving that helped put Playa del Carmen on the map. It was just a sleepy little fishing town until a ferry service began from there to the island of Cozumel, one of the best places to dive in the world. The Great Mesoamerican Reef, which stretches 725 kilometres from Cancun south to the Bay Islands of Honduras, is the world's second largest reef. It marks the spot for surveying 150 varieties of reef fish and 100 species of coral. Freshwater sinkholes, called cenotes, make for a fun afternoon of crystal-clear diving or snorkelling in and around caves where the visibility can reach up to 125 metres year-round.

Sian Ka'an biosphere reserve

At 1.3 million acres, this UNESCO World Heritage Site is the largest protected area in the Mexican Caribbean and includes the 23 archeological sites of the Maya civilization. Promoting ecosystem conservation and the sustainability of natural resources, the Centro Ecológico champions low-impact tourist activities, while educating visitors about the region at the same time. Pastimes include flyfishing, kayaking, "ponga" boat tours and more, and you can even stay at the centre in deluxe, eco-friendly cabins.

No trip to Mexico would be complete without some lounge time on a beach.

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Spend some summer time at Windermere

Lake loving. Nestled in the Rockies is a shallow, warm lake that's perfect for water sports

Winter, spring, summer or fall there's one main attraction that keeps visitors coming back to the B.C. resort town of Invermere.

It's Lake Windermere.

Nestled in the scenic Columbia Valley with the Rocky Mountains to the east and the Purcell Mountains to the west, Lake Windermere is actually a very large widening in the Columbia River.

It's one of the largest and warmest lakes in the region and has an average depth of only four-and-a-half metres.

"The lake is pretty much the focus," said Heidi Korven, a travel media specialist with Tourism B.C.

"In winter they have the 'White Way' on the lake. It's a 16-kilometre stretch where they clear it for ice skating as well as (put) tracks on it for cross-country skiing on the lake, so that's kind of cool. They also have pond hockey and a curling bonspiel," she said.

"It's a very cool thing you can do — very Canadiana because you're right in the valley there with the Rockies on one side and the Purcells on the other on this beautiful lake in the winter.

"In the summer the main draw is again the lake because they've got great beaches and it's a really good lake for jet skiing."

The town of 4,000 is about a three-hour drive (277 kilometres) west of Calgary and is a half hour away from ski resorts at Panorama Mountain Village to the west and the Fairmont Hot Springs Resort ski area to the south.

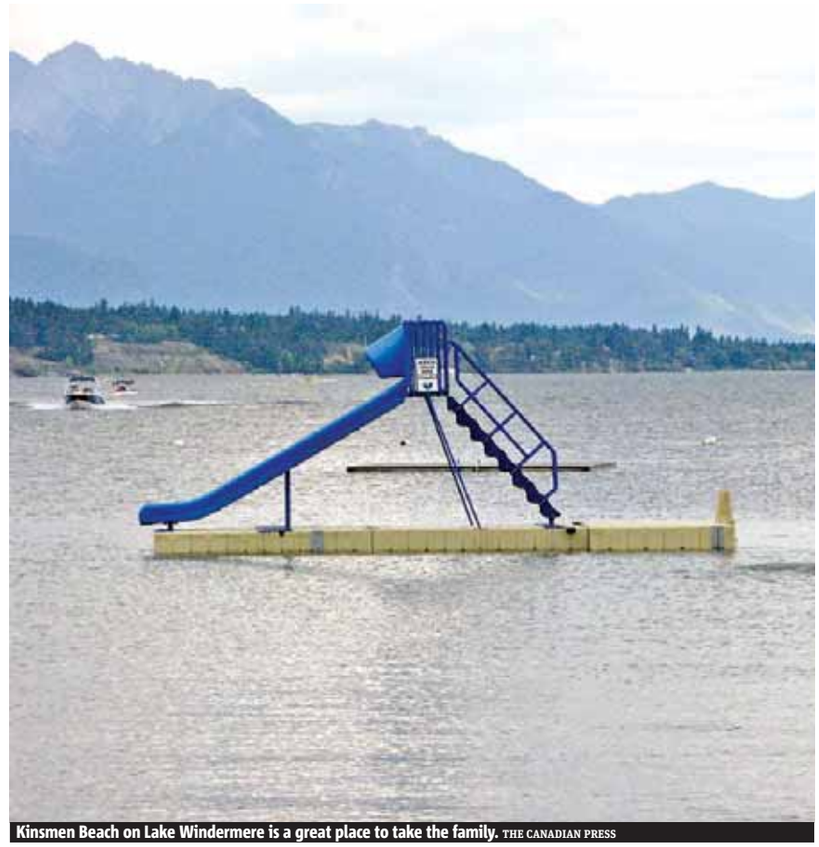
There are the Radium and Fairmont hot springs year round and in the summer the Columbia Valley Golf Trail features nine golf courses within minutes of Invermere — including the Radium Resort Course, Eagle Ranch, Copper Point and Greywolf.

"The town is really hopping in the summer," said Korven.

THE CANADIAN PRESS

If you go...

- **Take a tour of the Columbia River wetlands.** wetlandsadventures.com
- **Information on activities.** hellobc.com/invermere.aspx
- **Explore the Columbia Valley Golf Trail.** columbiavalleygolftrail.com



Kinsmen Beach on Lake Windermere is a great place to take the family. THE CANADIAN PRESS

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Bake like the Irish with Soda Bread

This classic Irish quick bread — no rising time needed — lends itself to numerous creative variations. Traditional recipes often call for nothing but flour, salt, baking soda and buttermilk or yogurt.

Currants are a common addition, but that's just the start. Any number of seeds, nuts, chopped dried fruit and even chocolate can be added.

For this take on Soda Bread, start with a rich take on the classic recipe, studding it with currants and caraway seeds. Then swap those out to make an oatmeal-rye version with walnuts and fresh thyme and chives. And for a sweet finish, create a chocolate variation, adding a generous half a cup of cocoa powder, dried cherries and dark chocolate.

Soda Bread

1. Heat the oven to 400 F. Coat a loaf pan or a 9-by-9-inch baking pan with cooking spray.

2. In a large bowl, whisk together the flour, sugar, salt, baking soda and caraway seeds. While stirring, mix in the melted butter until small lumps form and the butter has been evenly distributed. Gently stir in the currants.

3. In a small bowl, whisk together the egg and buttermilk. All at once, pour the egg-buttermilk mixture into the flour mixture. Stir gently but thoroughly, just until the flour mixture is moistened. Do not over-mix the dough or the bread will be tough.

4. Scoop the dough into the prepared pan and bake for 30 to 40 minutes, or until a wooden skewer or cake tester inserted at the centre comes out clean. Allow to cool in the pan for 5 to 10 minutes before turning out onto a wire rack. Serve warm with butter or jam.

Oatmeal-Rye Soda Bread with Herbs and Walnuts

1. Follow the recipe above, but instead of white pastry flour substitute 2 1/2 cups whole-wheat pastry flour, 1 cup oatmeal and 1 cup rye flour. Omit the caraway seeds. In place of the currants, stir in 3 tablespoons chopped fresh thyme, 3 tablespoons chopped fresh chives and 1 cup chopped toasted walnuts. Bake as directed.

Double Chocolate Cherry Soda Bread

1. Follow the main recipe, but sift 1/2 cup cocoa powder into the dry ingredients in the first step. Also, increase the sugar to 2/3 cup and omit the caraway seeds. In place of the currants, stir in 1 cup chopped dried cherries and 1 cup chopped dark chocolate. Bake as directed. THE ASSOCIATED PRESS

Ingredients

- 4 cups white pastry flour
- 3 tbsp sugar
- 1 tsp salt
- 1 tsp baking soda
- 1 tsp caraway seeds
- 6 tbsp (3/4 stick) unsalted butter, melted
- 3/4 cup dried currants, plumped in hot water
- 1 egg
- 1 2/3 cups buttermilk or plain regular yogurt (not Greek style)

Soda Bread

Each recipe serves about 12. MATTHEW MEAD/ THE ASSOCIATED PRESS

Drink of the Week

Irish Coffee

- Boiling water
- Hot coffee
- 2 sugar cubes
- 1 1/2 oz Irish whiskey
- 1/4 cup whipping cream, lightly beaten (but still pourable)

Fill large coffee cup with boiling water to preheat. Let stand 1 minute then empty glass. Fill glass three-quarters full with hot coffee. Add sugar, stir until dissolved. Stir in whiskey. Top coffee-whiskey blend with the lightly whipped cream. To do this, hold overturned spoon over coffee, then slowly pour the cream over it. Goal is for cream to float on top of coffee. Do not mix.

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Earn while you learn as an apprentice

Won't you be my mentor? How to pin down a program that suits your success plan

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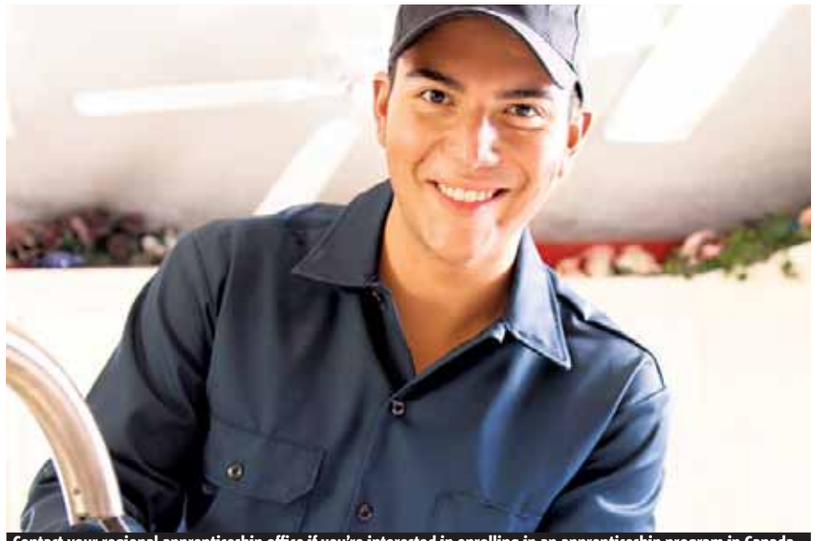

Contact your regional apprenticeship office if you're interested in enrolling in an apprenticeship program in Canada. ISTOCK

Apprenticeships provide workers with the knowledge and technical skill they need to know work in the trades.

They also allow individuals an opportunity to find a career they love, get certified and get paid in the process.

If want to be an apprentice in Canada, it's your responsibility to find an employer who's willing to hire, supervise and mentor you.

Sounds easy, right? According to a 2010 Canadian Apprenticeship Forum report, finding a supportive employer who's willing to sponsor you is often the hardest part of the process.

Darrin Carron, dean and principal at Durham College's School of Skilled Trades, Apprenticeship and Renewable Technology located east of Toronto in Oshawa and Whitby, offers tips on how to find an employer-sponsor.

Get training in high school

Youth apprenticeships are a great way for high school students to explore the trades, connect with an employer and earn hours toward your apprenticeship while working toward a secondary school diploma.

Dial-a-job

"Flip through your old dusty phone book and call local businesses in your area to search for apprenticeship opportunities."

Darrin Carron
Dean and principal at Durham College's School of Skilled Trades

These programs have different names and eligibility requirements depending on where you live because they're administered by the provinces/territories. To be eligible in Ontario, for example, you must at least 16 years old and a full-time Grade 11 high school student.

Work as a general labourer

Getting a job as a labourer shows an employer that you're willing to learn and work. It can help you meet people in the industry and increase the size of your network.

You can contact them again when it's time to find an employer-sponsor for an apprenticeship.

Cold call local businesses

Flip through your old dusty phone book and call local businesses in your area to search for apprenticeship opportunities. A career counsellor can help you structure and practise your script. Having a plan to wow the employer can help you get an interview.

Build your network

Who you know matters and knowing someone in the trade is the best way to find a sponsor. Ask your parents, family, teachers, friends and acquaintances if they know anyone in your trade.

Search for company owners on LinkedIn. This will help you build relationships and learn about unadvertised opportunities.

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Mending mega machines for moola

Big business. Your questions about heavy duty equipment technicians answered

CHRISTINA PELLEGRINI
TalentEgg.ca

The term "quick fix" does not apply to this career path. ISTOCK

Heavy duty equipment technicians diagnose, repair and maintain a variety of heavy duty vehicles, including bulldozers, cranes, graders, tractors, paving equipment, off-road haulers and earth movers.

They interpret work orders, keep equipment cleaned, test repaired equipment to ensure safety regulations are met and write service reports.

Technicians often use electronic and computerized testing devices to identify problems and problem solving skills to recommend solutions.

What are common job titles?

Heavy duty equipment technicians are also commonly known as:

- Heavy duty equipment mechanics
- Construction equipment mechanics
- Farm equipment mechanics
- Heavy equipment mechanic
- Heavy mobile logging equipment mechanic
- Heavy mobile mining equipment mechanic
- Tractor mechanic

What are the working conditions like?

Some heavy duty equipment technicians work in labs or service centres, while others work on construction or industrial sites, such as oil and gas operations or at mines.

Mobility, working hours and environmental conditions will vary depending on your position, employer and which part of the country you're working in. However, maintaining a safe workplace will be a top priority no matter where you work or which company you work for.

Are heavy duty equipment technicians licensed?

According to Human Resources and Skills Development Canada, trade certification for heavy duty equipment technicians is mandatory in Quebec and Alberta, and available but voluntary in all other provinces and territories.

Red Seal endorsement is available nationwide for individuals upon successful completion of the inter-provincial Certificate of Qualification exam. You can challenge the C of Q exam after completing a three- to six-year apprenticeship program (duration depends on your previous experience and where you live) and require a minimum score of 70 per cent on your exam to pass.

In terms of education requirements, it's recommended that you graduate from high school and gain credits toward your apprenticeship by enrolling in a youth apprenticeship program. But many employers, even the ones who operate in non-compulsory provinces, hire technicians that are licensed journeypersons. In some cases, licensed automotive service technicians and truck and transport mechanics are preferred over heavy duty technicians.

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Resumé requirements

What skills are needed?	
• Mechanical and mathematical aptitude	• Detail-oriented
• Interest in machines	• Physical strength and stamina to lift heavy machinery and work in cramped or awkward positions
• Good senses (e.g., smell, touch, etc.) to diagnose problems	• Be open to learning new techniques and technologies
• Problem-solving skills	• Succeed independently or as a member of a team

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4 SPORTS

Arrested

AHL player charged with trespassing

A Canadian hockey player ended up in a San Antonio jail this week after allegedly breaking into a home while "heavily intoxicated" and making himself comfortable.

Hamilton's Scott Timmins, a forward with the AHL's San Antonio Rampage, was arrested Monday morning and charged with criminal trespassing.

San Antonio police say a 43-year-old woman awoke in her home to find Timmins sitting on her couch. The police report said Timmins, 23, was heavily intoxicated, smelled of alcohol and was unable to maintain his balance.

Police say the woman asked, "Who are you?" and Timmins allegedly replied, "Who are you?"

Police said they found Timmins lying on the couch and when they woke him, he looked at the officers with a blank stare.

THE CANADIAN PRESS

Minor hockey

Parents to be given etiquette lesson

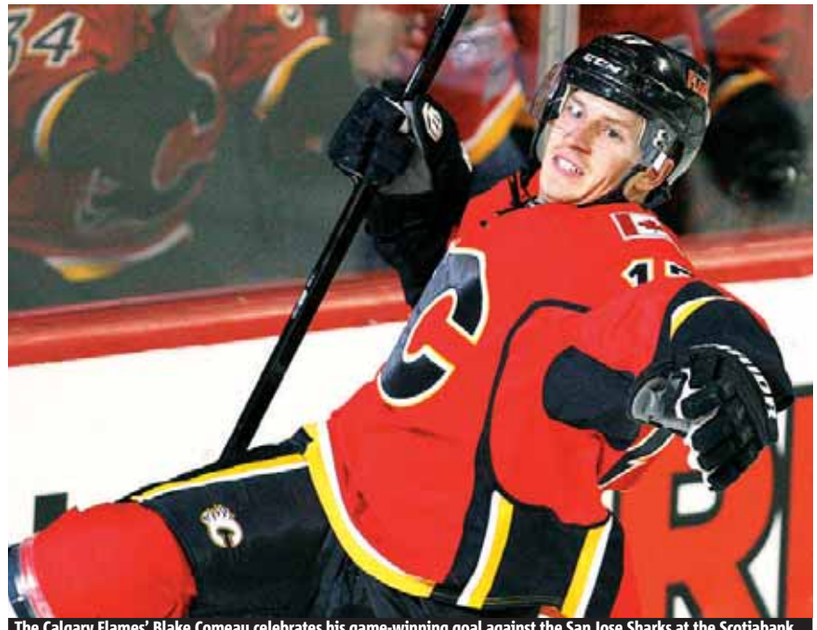
Hockey New Brunswick says it plans to introduce a mandatory online course in September for the parents of players ages four to eight.

General manager Brian Whitehead said Tuesday there have been enough instances of misbehaviour that "we feel we need to educate our parents and give them an opportunity to see what Hockey New Brunswick expects from parents when they are in the arena."

THE CANADIAN PRESS

Coach Hartley off to head-scratching start

THE HOCKEY NEWS
Brian Costello
calgary@metronews.ca



The Calgary Flames' Blake Comeau celebrates his game-winning goal against the San Jose Sharks at the Scotiabank Saddledome on March 6. Comeau has scored just twice in the last 44 games. JEFF MCINTOSH/THE CANADIAN PRESS

As the Flames trend toward a top pick in the June draft, I'm seeing more lineup decisions that don't make a lot of sense to me.

What's with coach Bob Hartley's fascination with Blake Comeau? Comeau scores just his second goal in 44 games — on a shot San Jose's Thomas Greiss should have had — and all of a sudden he's replacing Sven Baertschi or Roman Cervenka and averaging 15 minutes a game on a top line.

Comeau is a good skater and one of the few Calgary forwards willing to hit regularly, but he's not creative with the puck and has severe offensive challenges. In the defensive zone, Comeau, I find, is undisciplined and erratic, more often than not watching the play and drifting toward the puck rather than picking up open men.

Sure, Comeau had back-to-back seasons of 17 and 24 goals with the Islanders, but in 97 games since, he has just six goals and a 3.6 shooting percentage. Those ingredients add up to a five-to-eight-minute-per-game fourth-liner.

I'm also not getting Hartley's logic in making Chris Butler a top-four defenceman after he failed in that role last year. When this season began, Butler found himself in the five-to-seven seeding on the blue-line, an occasional healthy scratch. Then in the past couple of weeks he's getting 20-plus minutes a game alongside Dennis Wideman.

Butler doesn't hit with authority, he's passive offensively, doesn't play with an active stick in his own zone and is outmuscled in the corners and outside the crease. Mark Giordano and, lately, T.J. Brodie have had rough patches, but giving minutes to Butler isn't the remedy. Hockey people say young defencemen don't truly hit their stride until 200 NHL games. Butler's at 244 and regressing.

Maybe the Flames are auditioning him for a trade to a team looking for playoff depth.

Finally, in goal. Joey MacDonald has done a mediocre job in a tough situation. But in reality, he's spent his 12-year career as an NHL backup and sometimes a No. 3 goalie. And he's 33. It's not going to get better.

In 26-year-old Danny Taylor, the Flames have a goalie who has shone in the AHL and done better than MacDonald in the NHL. Why isn't the team exploring his NHL upside instead? Miikka Kiprusoff was 27 when he got his break with the Flames.

Quoted

Why isn't the team exploring (Danny Taylor's) NHL upside instead? Miikka Kiprusoff was 27 when he got his break with the Flames.

Nate (The Great) Marquardt poses in this 2009 file photo. Marquardt needed crutches after his last foray into the cage, but the former Strikeforce champion and UFC veteran didn't hesitate when he was asked to fight at UFC 158 in Montreal on short notice. NEIL DAVIDSON/THE CANADIAN PRESS

Marquardt steps up on short notice to fight at UFC 158

UFC. Domino effect starting with injured Canadian leaves slot open for welterweight

Nate (The Great) Marquardt needed crutches after his last foray into the cage.

But the former Strikeforce welterweight champion didn't hesitate when he was asked to fight at UFC 158 on short notice.

His bout Saturday night against Jake (The Juggernaut) Ellenberger at Montreal's Bell Centre marks his return to the UFC after two fights in Strikeforce.

"I'm super excited," said Marquardt (35-11-2), who suffered some nasty leg damage in a loss to Tarec Saffiedine in January. "I feel like this fight is a good chance to kind of erase my last fight. It's a great fight for me to come back on.

"He's a very tough guy and he's a great fighter. He's world-class. And those are the guys I do my best against."

It's also a welcome return to Montreal for Marquardt, a longtime training partner of UFC champion Georges St-Pierre — who faces Nick Diaz in the main event Saturday.

An injury to Montreal's Rory (Ares) MacDonald caused a domino effect in the UFC 158 welterweight fights.

Jonny Hendricks stepped in for MacDonald to meet Carlos (The Natural Born Killer) Condit. That left Ellenberger (28-6), who had been due to meet Hendricks, without an opponent.

THE CANADIAN PRESS

UFC 161

Two more Canadians have been added to the UFC 161 card in Winnipeg on June 15.

- Lightweight Mitch (Danger Zone) Clarke of Saskatoon (9-2) has been matched with England's John (The One) Maguire (18-5).
- And light-heavyweight Ryan (Big Deal) Jimmo of Edmonton by way of Saint John, N.B., will face Croatian Igor Pokrajac.
- Other bouts include light-heavyweights Mauricio (Shogun) Rua against Antonio Rogerio Nogueira and Rashad Evans versus Dan Henderson.

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NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	48	14	.774	—
New York	38	23	.623	9½
Indiana	39	24	.619	9½
Brooklyn	38	27	.585	11½
Chicago	35	28	.556	13½
Boston	34	29	.540	14½
Atlanta	34	29	.540	14½
Milwaukee	32	30	.516	16
Toronto	25	39	.391	24
Philadelphia	24	39	.381	24½
Detroit	23	43	.348	27
Cleveland	22	42	.344	27
Washington	20	42	.323	28
Orlando	18	47	.277	31½
Charlotte	14	50	.219	35

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	49	16	.754	—
Oklahoma City	47	17	.734	1½
L.A. Clippers	45	20	.692	4
Memphis	42	19	.689	5
Denver	43	22	.662	6
Golden State	36	29	.554	13
Houston	34	30	.531	14½
L.A. Lakers	34	31	.523	15
Utah	33	31	.516	15½
Dallas	30	33	.476	18
Portland	29	33	.468	18½
Minnesota	22	39	.361	25
Phoenix	22	42	.344	26½
New Orleans	22	43	.338	27
Sacramento	22	43	.338	27

Note: division leaders ranked in top three positions regardless of winning percentage.

TUESDAY'S RESULTS
L.A. Lakers 106 Orlando 97
Cleveland 95 Washington 90
Charlotte 100 Boston 74
Brooklyn 108 New Orleans 98
Miami 98 Atlanta 81
Dallas 115 Milwaukee 108
Minnesota 107 San Antonio 83
Memphis at Portland

WEDNESDAY'S GAMES — All Times Eastern
Minnesota at Indiana, 7 p.m.
Miami at Philadelphia, 7 p.m.
Milwaukee at Washington, 7 p.m.
L.A. Lakers at Atlanta, 7:30 p.m.
Toronto at Boston, 7:30 p.m.
Phoenix at Houston, 8 p.m.
Utah at Oklahoma City, 8 p.m.
Chicago at Sacramento, 10 p.m.
New York at Denver, 10:30 p.m.
Detroit at Golden State, 10:30 p.m.
Memphis at L.A. Clippers, 10:30 p.m.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	27	19	8	0	100	78	38
New Jersey	26	12	9	5	65	75	29
NY Rangers	25	13	10	2	64	61	28
NY Islanders	26	11	12	3	77	88	25
Philadelphia	27	12	14	1	75	82	25

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	26	17	5	4	84	66	38
Boston	24	17	4	3	72	53	37
Ottawa	26	13	8	5	61	54	31
Toronto	27	15	11	1	81	75	31
Buffalo	27	10	14	3	70	84	23

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Carolina	25	15	9	1	79	69	31
Winnipeg	26	13	11	2	68	76	28
Tampa Bay	26	11	14	1	88	81	23
Washington	25	10	14	1	69	76	21
Florida	27	7	14	6	66	101	20

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	26	21	2	3	85	58	45
St. Louis	26	14	10	2	80	79	30
Detroit	26	12	9	5	68	66	29
Nashville	26	11	9	6	58	61	28
Columbus	27	10	12	5	62	74	25

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Vancouver	25	12	7	6	68	68	30
Minnesota	25	13	10	2	59	61	28
Edmonton	26	10	11	5	64	76	25
Colorado	25	10	11	4	62	73	24
Calgary	24	9	11	4	64	82	22

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	25	19	3	3	87	63	41
Los Angeles	24	14	8	2	71	60	30
San Jose	25	11	8	6	58	61	28
Phoenix	25	12	10	3	72	72	27
Dallas	25	12	11	2	67	71	26

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

TUESDAY'S RESULTS
Buffalo 3 NY Rangers 1
Vancouver 2 Columbus 1 (SO)
Carolina 4 Washington 0
Pittsburgh 3 Boston 2
Tampa Bay 3 Florida 2
Winnipeg 5 Toronto 2
St. Louis 4 San Jose 2
Anaheim 2 Minnesota 1
Nashville 4 Dallas 0
Edmonton 4 Colorado 0
Los Angeles at Phoenix

MONDAY'S RESULTS
Boston 3 Ottawa 2 (SO)
Los Angeles 3 Calgary 1

WEDNESDAY'S GAMES — All Times Eastern
Ottawa at Montreal, 7 p.m.
Philadelphia at New Jersey, 7:30 p.m.
Detroit at Calgary, 9:30 p.m.

THURSDAY'S GAMES
Florida at Boston, 7 p.m.
Pittsburgh at Toronto, 7 p.m.
Washington at Carolina, 7 p.m.
Chicago at Columbus, 7 p.m.
NY Islanders at Tampa Bay, 7:30 p.m.
NY Rangers at Winnipeg, 8 p.m.
Phoenix at St. Louis, 8 p.m.
Colorado at Minnesota, 8 p.m.
Anaheim at Dallas, 8:30 p.m.
Nashville at Vancouver, 10 p.m.
Los Angeles at San Jose, 10:30 p.m.

SCORING LEADERS

	G	A	Pt
Crosby, Phg	12	33	45
Stamkos, TBL	19	18	37
Kunitz, Phg	17	19	36
St-Louis, TBL	6	27	33
Getzlaf, Ana	10	21	31
Kane, Chi	14	16	30
E. Staal, Car	12	18	30
Tavares, NYI	16	13	29
Vanek, Buf	13	16	29
Voracek, Phi	12	17	29
Neal, Phg	17	11	28
Ribeiro, Wash	9	19	28
Moulson, NYI	11	16	27
Zetterberg, Det	6	21	27
Duchene, Col	11	15	26
Semin, Car	7	19	26
Letang, Phg	3	23	26
Kadri, Tor	11	14	25
Parenteau, Col	10	15	25
Elias, NJ	8	17	25
Datsyuk, Det	8	17	25
Giroux, Phi	8	17	25
Ladd, Win	13	11	24
Perry, Ana	9	15	24
H. Sedin, Van	6	18	24
Malkin, Phg	5	19	24
Thornton, SJ	5	19	24

Not including last night's games

What a difference a few decades make

ALL PHOTOS WHEELBASE

2013 Toyota RAV4

- **Type.** Four-door, front/all-wheel-drive compact wagon
- **Engine (hp):** 2.5-litre DOHC I4 (176)
- **Transmissions.** Six-speed automatic
- **Base price (incl. destination)** $25,400

Design

Physically, it now displays all sorts of swoops and curves that replace a boxier design. In back, the side hinged cargo door with attached spare tire has been replaced by a more practical liftgate. The full-size spare (a rarity in this class) is now discretely located beneath the cargo floor. There's also a handy spot to hide small valuables next to the spare.

The addition of a liftgate makes the 2013 model a more practical one than the previous year's model.

Engine

Returning for 2013 is the one and only 2.5-litre four-cylinder that delivers 176 horsepower and 172 pound-feet of torque, which is actually enough for a vehicle that weighs in at about 1,550 kilograms. Although the engine returns basically unchanged, there's a new six-speed automatic transmission that replaces the previous four-speed unit.

Fuel economy

The new fifth and sixth overdrive gearing — plus a more efficient torque converter — is largely responsible for the drop in fuel consumption to 8.7 l/100 km in the city and 6.4 on the highway (for front-wheel-drive models), which is down from 9.5/6.9. All-wheel-drive versions achieve 9.1/6.8, which is an improvement from 9.7/7.2.

Review. Starting a whole new class of vehicles is one thing. Being expected to continually redefine that class is something else altogether. No pressure

MALCOLM GUNN
wheelbasemedia.com

What a difference a couple of decades can make.

The original Toyota RAV4 that helped usher in the compact-utility segment back in 1996 was a major design and marketing breakthrough. Vehicles such as the Honda CR-V, Ford Escape and others eventually followed, with all offering an economical and affordable way to deal with just about any type of inclemency that Ma Nature might have tossed our way.

The latest RAV4 is no less capable, but over the years has evolved into an elegant, sophisticated and highly detailed wagon.

Most of the cabin has been completely restyled and is awash with "soft-touch" materials and silver trim bits, which is pretty standard for this class now.

If you're planning to add the third-row seat option to your RAV4, be advised that Toyota has discontinued that feature due to an apparent lack of interest.

The AWD option is updated with Auto, Lock and Sport modes to suit specific traction and driving situations. Lock keeps half the power going to the back wheels as long as you're driving slower than 40 km/h. Sport mode allows wider transfer of torque between the front and rear wheels (as much as half to the rear) than the Auto mode.

The base RAV4 LE comes with 17-inch steel wheels, which probably helps keep the starting price close to the $25,000 mark, including air conditioning, reclining second-row seat plus most of the basic power features.

The mostly business-like asymmetrical dashboard and control panel runs counter to the currently in vogue shapes that appear to intrude into the passenger area. There are eight standard airbags as well as a 15.5-centimetre display that doubles as a monitor for the backup camera.

The XLE adds a moonroof, dual-zone climate control, premium bucket seats and fancier 17-inch alloy wheels, while the Limited loads up with power-adjustable and heated front seats, power liftgate and 18-inch wheels. The XLE and AWD Limited are also the portals to a variety of premium-level options, including voice-activated navigation and Bluetooth wireless networking.

Whether in standard trim or all dressed up, the latest RAV4 is a handsome wagon that accentuates economy and efficiency, which was exactly the stated mission all those years ago. This time around, though, the RAV4 leaves behind its entry-level ways to become a more elegant and refined traveller.

By comparison

1 Honda CR-V
Base price: $27,600

2 Nissan Rogue
Base price: $25,850

3 Ford Escape
Base price: $23,150

5 DRIVE

Not much to complain about here

Second Gear.
2009 to 2013
Subaru Forester

JUSTIN PRITCHARD
drive@metronews.ca

The 2009 to 2013 generation of Subaru's Forester enjoyed a healthy sales life and a loyal following of owners. A compact crossover SUV with an eye for safety, confidence and sensibility, all models got five seats, all wheel drive (AWD) and more than 1,900 litres of cargo space. Available feature content included navigation, Bluetooth, heated leather seats, xenon lights and more.

The 2009 to 2013 generation of Subaru's Forester sold well and had a loyal following of purchasers.

SUBMITTED

Common Issues

Check for proper operation of the air conditioning system. Some owners have reported issues with the AC, possibly accompanied by excessive noise when the system is turned on.

Be sure to determine where the timing belt lies within its service life on the Forester you're considering. If a replacement is due, it could cost up to $1,000. If you neglect said replacement, it could cost you an engine.

Feel for any tugging or pulling through the steering wheel while on a flat road. If any is present, the model you're considering may need an alignment.

Signs of turbocharger trouble on a Forester XT may include smoke from the exhaust at startup or after a drive. Be sure the turbocharged Forester you're considering hasn't been pre-warmed ahead of your test drive to conceal a smoke issue. Note that models treated to regular oil changes should have no turbocharger issues. Opt for a non-turbo model if you're concerned. Finally, front seats, hatchback prop struts and paint-on-the-rocker panels just behind the front wheels should be scrutinized for signs of wear.

Engine

Forester came with one of two engines. Standard was a proven 2.5 litre BOXER four-cylinder engine making 170 horsepower. Available in the 2.5XT model was a turbocharged version, which made 225 horsepower. Manual or automatic transmissions were available.

What owners like

Owners tended to comment positively on fuel mileage, performance from the standard engine with manual gearbox, the slippery-weather assurance of the AWD system and laid-back, easy-to-drive character.

What owners dislike

Common complaints centre around bland looks, poor performance from models with the automatic transmission and a clumsy cupholder design.

Verdict

Major issues are largely non-existent here and Forester is enjoying a reputation for reliable long-term performance. Shop confidently if you find a good deal on a nicely-maintained Forester that fits your needs and budget.

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#Limited time lease offers based on new 2013 Honda models. Lease examples based on a new 2013 CR-V LX 2WD, model RM3H3DES, available through Honda Financial Services on approved credit. £3.99% lease APR for 60 months. Bi-weekly payment, including freight and PDI, is $154.00. Down payment of $0, environmental fees, $0 security deposit and first monthly payment due at lease inception. Total lease obligation is $20,020.00. Taxes, license, insurance, environmental fees and registration are extra. 96,000 kilometre allowance; charge of $0.12/km for excess kilometres. Retailer may lease for less. Retailer order/trade may be necessary. ‡MSRP is $27,630.00 for a new 2013 CR-V LX 2WD, model RM3H3DES, and includes $1,640.00 freight and PDI. Taxes, license, insurance, environmental fees and registration are extra. Retailer may sell for less. Retailer order/trade may be necessary. #/£/‡ Offers valid from March 1, 2013 through March 31, 2013 at participating Honda retailers. Offers valid only for Alberta residents at Honda Dealers of Alberta locations. Offers subject to change or cancellation without notice. Visit HondaAlberta.ca or see your Honda retailer for full details.

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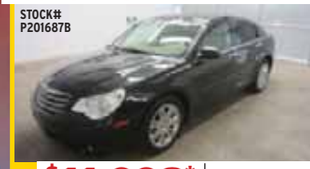

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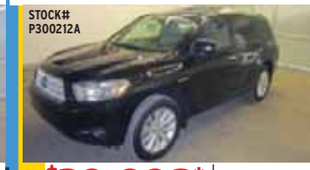

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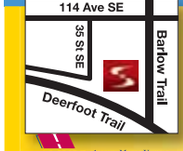

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Anti-lock brakes let you steer while stopping

Driving Force. Knowing how your ABS works can save you in an emergency

JIL MCINTOSH
drive@metronews.ca

Anti-lock braking system, or ABS, are among the most effective safety features on your car. But it's important to know how they work, so you can make the most of them when they're needed.

"The main purpose for ABS is to make sure the driver is capable of steering the vehicle in an emergency braking situation," says Sylvain Gilbert, manager of technical services for Mercedes-Benz Canada. "If you have your foot on the brakes hard and the front wheels lock, you can do whatever you want and the car won't turn. ABS keeps the brakes from locking."

Brakes use heavy metal rotors (also called discs) that are located behind the wheels and turn with them. When you press the brake pedal, metallic pads squeeze against the rotors, and the resulting friction stops the car. ABS doesn't activate during regular braking, because the tires grip the pavement and you stay in control.

But on a slippery surface, the car can slide like a toboggan. In the past, when cars didn't have ABS, drivers were trained to "pump" the brakes. This let the tires turn slightly, which gave them a chance to reestablish their grip before the driver braked again.

ABS does the same thing, but much faster than you possibly could — as much as several times a second. You don't necessarily stop any faster, and in some cases it may even take a bit longer to stop, but you'll be able to steer your vehicle. That could mean the difference between going around an object or hitting it, or getting around a corner instead of sliding into the intersection.

The sensors, computers and solenoids that ABS uses are also the basis of several other safety systems, including electronic stability control, which brakes specific wheels if your car is sliding sideways, and hill hold, which keeps them on for a few seconds so you don't roll back on an incline while going from brake to throttle.

Brake pedals used to vibrate harshly when ABS came on, but new systems are far quieter. "The system is under pressure and the pedal would vibrate because the solenoid was opening and closing and pumping that pressure," Gilbert says. You may feel the brake pedal sink slightly, but don't take your foot off it. Instead, press firmly and let the ABS do its job.

More on ABS

- ABS and electronic stability control are mandatory on all new cars sold in Canada, starting with the 2012 model year.
- The first all-electronic, four-wheel, multi-channel ABS system, the basic type used today, was invented by Bosch and first offered as an option on the 1978 Mercedes-Benz S-Class, and shortly afterwards, on the BMW 7 Series.
- ABS can only do so much. Any time the road is slippery, slow down, and start breaking sooner.

Even Mercedes-Benz's AMG performance division uses anti-lock brakes. COURTESY MERCEDES-BENZ

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See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
Upheavals in your personal life may make you feel vulnerable but there is no need to fear change. The new always replaces the old and what happens next will confirm that better days are on their way.

♉ Taurus
April 21 - May 21
This has the potential to be a really great time for you but it will only happen if you have a clear idea of what it is you want to happen. You can change you life in any way you wish.

♊ Gemini
May 22 - June 21
Don't tie yourself down today. As a Gemini, you need to be free to pursue your interests in your own way and at your own speed. Family and friends may not agree but it's not about them, it's about you.

♋ Cancer
June 22 - July 23
You have some big ideas in your mind, but are you going to do anything with them? Remember: If you can think it you can do it, although you don't have to do it all at once.

♌ Leo
July 24 - Aug. 23
The world may be in chaos but everything in your life is exactly how it should be. Loved ones need you to be a rock they can cling to in stormy times, so stand tall and stay strong for them.

♍ Virgo
Aug. 24 - Sept. 23
All things exciting and unusual will attract you today. You just want to have fun. It's not often you are this adventurous but you've had your full of leading a predictable life — for the moment at least.

♎ Libra
Sept. 24 - Oct. 23
You need to join forces with others to accomplish what you can't do on your own. You may not want to share the glory but if you do it all by yourself, there may be no glory to share.

♏ Scorpio
Oct. 24 - Nov. 22
Something you think you depend on will fall by the wayside today, but don't worry. In a matter of days you will realize it has made things easier for you. It was holding you back, not holding you up.

♐ Sagittarius
Nov. 23 - Dec. 21
What you learn today, about yourself and about the world, will make so many things in your life easier. The most important thing you can learn is that possessions are not what it's all about.

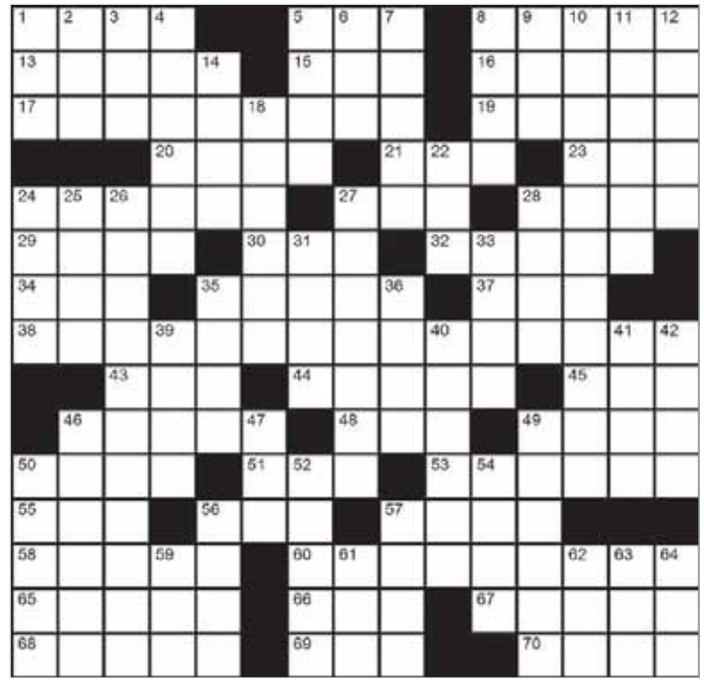
♑ Capricorn
Dec. 22 - Jan. 20
Be positive and be purposeful. Make the world sit up and take notice of your unique talents. You can accomplish more than you thought possible over the next few months, so forget about limits. They don't exist.

♒ Aquarius
Jan. 21 - Feb. 19
Everyone has rivals, even an Aquarius, and someone who resents your popularity will try to make life difficult for you over the next few days. They will only succeed if you fight fire with fire. Just ignore them.

♓ Pisces
Feb. 20 - March 20
What happens today will take you by surprise. The world is not the bad place that some people say it is. In fact, it is a wonderful place full of wonderful people. You're one of them. **SALLY BROMPTON**

Crossword: Canada Across and Down

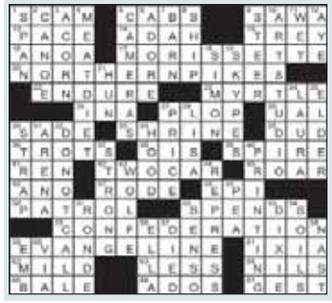
BY KELLY ANN BUCHANAN



Across
1. Having wisdom
5. __ Leppard
8. Make hair wavy
13. Crunchy snacks
15. '60s singer, Little __
16. Pago Pago's land, American __
17. Canadian frozen seafood company: 2 wds.
19. Garth Brooks' "Friends __ __ Places"
20. Smashes
21. Business books balancers, briefly
23. 'Chlor' suffix
24. City in Washington state
27. Comprehend
28. Metal band, __ Row
29. In the blink __ eye: 2 wds.
30. Hairstyling product
32. Cosmetics company, __ Lauder
34. Damage
35. Sticker
37. __ coat
38. Steller's Jay is its provincial bird: 2 wds.
43. "Surprise!"
44. Big cat
45. Army unit on foot, for short
46. Connects
48. East: French
49. Encourage
50. Mr. McCartney
51. Ford, for one
53. Cherry-on-top dessert
55. 'Fool' suffix
56. Actor Mr. Robbins
57. Kind of citrus fruit
58. Some swords
60. __ Provincial Park, ON
65. "__ firma!" (Land!)
66. Roman Myth: Sun god
67. Other: French
68. Great enthusiasm [var. sp.]
69. Like a fox
70. Bunny costume props

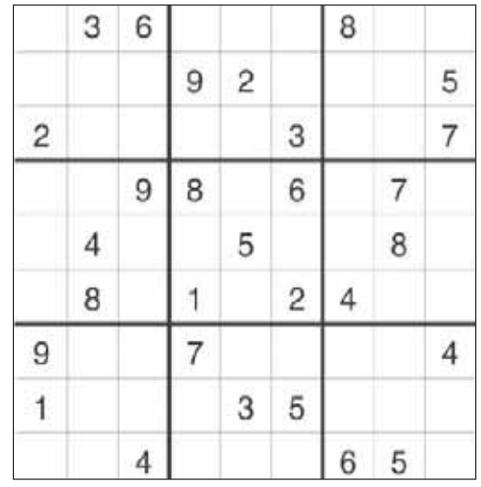
Down
1. Teacher's workplace, for short
2. Hawaiian fish
3. Acting job
4. "Sleepless in Seattle" (1993) director Nora
5. Comfy house spots
6. Nightfall
7. Classic comedy, "Royal Canadian Air __"
8. Canuck spy agency, for short
9. 54-40 song: "Baby __"
10. Nelly Furtado hit: 4 wds.
11. Roughing It in the Bush author, Susanna __
12. 'Footed' like Fido
14. Criticize
18. Pictures
22. Had a hamburger
24. Archaeological discovery
25. In the distance
26. Wildlife group traversing the tundra: 2 wds.
27. Arctic formation
28. __ cell research
31. Genuine
33. Giddy-up helper
35. Celine of song
36. Fireplace ashes ...once
39. Plug away
40. Depart-togetherer's command: 2 wds.
41. "Young Frankenstein" (1974) role
42. For _ __ (It'll be done for money)
46. National park in Alberta
47. __-Fi
49. Original
50. Michelangelo masterpiece
52. Collect
54. Arm bone
56. Nicholas II was one
57. The __ Duckling
59. __ e Leandro (Luigi Mancinelli opera)
61. Chuckling one's e-mail shorthand
62. Stage actress Ms. Hagen
63. Out of the ordinary, for short
64. Tip to 'cafe' (Brand of coffee)

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

4	9	2	8	5	1	7	3	6
7	8	6	2	9	3	4	5	1
1	3	5	4	6	7	9	8	2
9	7	8	1	2	4	5	6	3
3	6	4	9	8	5	2	1	7
2	5	1	3	7	6	8	9	4
5	2	3	6	4	9	1	7	8
6	4	7	5	1	8	3	2	9
8	1	9	7	3	2	6	4	5

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